



The Backcountry Recipe Book, Version 3.1

Kelly Naylor and David Rosenberg

March, 1998

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version 1.0: January, 1995.

version 1.3: April, 1996

version 2.0: June, 1996

version 2.1: August, 1996

version 3.0: February, 1998

version 3.1: March, 1998

for ESAR post 616 which got us into the mountains (hard core!!) and all other outdoor enthusiasts.

I. Introduction

Welcome to the backcountry recipe book. This section will explain the contents listed on the Table of Contents, describe how the book can best be used, and give acknowledgments. For lunchtime recipes more appropriate for car campers, [click here](#). or you can jump to the [Table of Contents](#).

To start, the recipe book was the idea of **Kelly Naylor** and **David Rosenberg**, and it's intent is to provide a collection of food ideas which can be used in the back country while camping/skiing/hiking/backpacking/etc.. After going on a winter mountaineering trip, in which rather bland and uninteresting food was prepared and (sometimes) eaten, we wanted to find some cool recipes to try and enjoy eating in the wilderness. Eating, we believe, is one of the wilderness's still hidden pleasures, and should be cherished. Below are our collections, sent in from globe-spanning Interneters, and we offer them to you as food possibilities to incorporate into your own backcountry diet. Each author's recipe-related antidote is included (as available); hopefully the stories will add interest and spark enthusiasm for an otherwise, ordinary food book. For some human reason, the backcountry has always consisted, in part, of telling stories, and we wanted to include that aspect in our book.

Please keep in mind that the recipes are other's ideas--most we have not even tried ourselves--and that at *some* time, because a backcountry user volunteered them to us, the recipe was delicious!! Of course, when you first try it on some exposed, wind blown mountaintop in an unplanned bivy, things and taste may turn out a tad bit different. ;)

Of course, feel free to join this food community, PLEASE, PLEASE, PLEASE [submit your own recipe ideas](#)--big or small, recipe or just thoughts, stories and/or experience: knowledge is only useful when shared.

To add structure to this consortium of ideas, we have grouped recipes according to their most appropriate [Table of Contents](#)' listing.

The *Assorted* section was born because the submissions within were either: (a) not classifiable in any of the other topics, or (b) so densely packed with cool suggestions applying to many different sections that I did not want to lose the author's general concepts by chopping and scattering the individual suggestions. At the beginning of each recipe section, we have included a further explanation of the types of recipes described within (to help you better access the recipes you would like to try). Also, we have included some of our thoughts on preparing food which relates to the topic and documented observations, gained from our own, personal, backcountry experiences. Mostly our introductions are just considerations, things to think about when you meal plan; nothing we (or any of the other contributors) say, by far, is absolute or written in stone.

At the bottom of the Table of Contents is a link to the [Recipe Index](#), which lists the names of each recipe idea (categorized by section as they appear in the text) as local hyperlinks. We've included the listing as an *index* so that the links do not clog the Table of Contents. Please note that some recipe ideas listed under the Breakfast/Lunch/Dinner/etc actually come from the *assorted* or *assorted vegetarian* sections. The Recipe Index is intended to concisely show the reader what recipe ideas are available under a given topic.

A note of caution: our recipe book is not intended to provide comprehensive meal planning for extended trips; comprehensive planning requires a food philosophy (i.e.: what is most nutritious/caloric/tasty food substance for given weight, etc, which is the domain of diet experts and YOURSELF); such planning depends on individual trip circumstances and varies for each backcountry user.

We don't want to preach a food philosophy, rather we just want to provide tasty alternative ideas to substitute into your own meals. Hopefully, by reading our book, you'll want to try a few new ideas--or maybe just one recipe from one of our sections--on your upcoming trip. Good Luck, and happy (improved) eating on the trails!! Special Thanks go out to David Damouth, who forwarded me over 25 pages of raw, unedited, recipe material, and everyone who contributed recipe ideas. Thank you for the Technical Support from the folks at [GORP](#), who did the version 1.0 HTML coding (before I learned HTML myself) and wrote the first version of the Recipe Submission Form processor program. Finally, thank you authors for taking the time to share with the outdoors community: we appreciate it!! **PDF version now has bookmarks.**

I have tried to give proper credit to all authors, although with our over 200+ contributions, that has been difficult. If you see a recipe that is your idea and your name isn't mentioned, please email back, so that your name can be included in updates.

Finally, since the information and ideas contained here within are for the public domain, it is inappropriate to sell reproductions of this book or any section thereof.
Enough of the editorializing. Enjoy eating the recipes :)

[David Rosenberg](#)
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2-15-94

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Recipe Index

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Breakfasts

The breakfast dilemma: eat a short, quick, no-cook breakfast(to get on the trail early) or spend time to cook + heat a longer, often times more tastier meal. If time is critical, a short, cold meal might be optimal; remember that stove cooking also requires cooking, clean-up, and packing-up time. Your available time, of course, depends on what you intend to do the rest of the day.

Lizy's Famous Breakfast JANK

in a plastic bag, at home, combine:

- Instant Mashed Potatoes
- Instant Stuffing (like for thanksgiving)
- Cheddar Cheeze-Its crackers, or the like

On the trail, heat hot boiling water, and add to dry mixture. Eat!! If higher fat content is desired, add instant (powered) milk and/or solid (clarified) ghee butter at any time.

The term *jank* was concocted on an ESAR training weekend in the white suburban. It's just the Jank thing going 'round.

Liz Fort :)

FROM carlj@hpcvmcdj.cv.hp.com (Carl Johnson)

English Muffins seem to work well, although I have just carried them in a kayak and not hiking.

Breakfast - this is the toughest meal for me as I hate oatmeal and that's by far the best soln. I eventually resorted to using dry milk to make some of those instant breakfasts - at least it goes down fast.

None of my suggestions will appeal to the gourmet pallet, but they are very affordable and very easy to prepare.

Mike Engberg

I often take bagels for lunch. Why? They're dense so they pack small and the will last for 4 -5 days before they get too stale to eat!

Another option to **bread are tortilla's**. They are also dense so they pack up small. The can be filled with virtually anything and rolled up like a burrito. They're great in the morning filled with scrambled eggs, onions, bacon and a little Tabasco sauce.

Vicki O'Day

From metsger@ea.ecn.purdue.edu You can also get pancake mixes that require only the addition of water at your local grocery store.

One of my favorites is to mix peanut butter with honey or preserves in about equal ratios and use it on bread or pancakes, it's easy to carry and not perishable...

Bisquick is also a staple for quick breads and/or biscuits that can be cooked in a pan or on a stick.

Ron Metsger

Breakfast Cereal

quick cooking oats (if you are in a hurry)

or multi-grain cereal (if you are not in a hurry. Soaking grain overnight speeds things up)

milk powder

pinch of salt

dried fruit--eg: apples, raisins

directions: mix the above ingredients and put in plastic bags (4 day trip means four bags)

All you have to do is boil the water and add to the ingredients.

Brown sugar or maple syrup is great on top!

Audrey Kager

Simple Hot Granola Breakfast

I find the following hot granola breakfast with dried fruit quick, simple and practical for cold -weather hiking.

1. boil 2 to 3 cups of water in your pot (put the water in the pot the night before if you think it might freeze over night)
2. throw in about 1 1/2 cups of granola flakes
3. throw in a handful of dried fruit, such as apple rings, raisins, apricots, etc.
4. stir while you boil the mix another 30 seconds or so.
5. remove from heat and stir in 2 - 4 tablespoons of dried milk powder
6. cover and leave aside for 3 - 5 minutes (I usually put my kettle on at this point and immediately boil water for tea or coffee. This way a only have to light the stove once)

Some of the advantages of this breakfast:

- boiling sterilizes the water
- unlike oatmeal, the granola flakes can be eaten uncooked on days you don't want to cook or cannot for some reason.
- it is very easy to digest and you can eat a great deal of it --charging up your energy reserves for a hard-day ahead.
- quality dried fruit comes back to life quite nicely this way and makes the breakfast naturally sweet or tart and a bit more fresh and lively than plain cereals, cooked or uncooked. Also you can vary the fruit and add variety.

Happy hiking!

Jack Pledger

Etobicoke, Canada

j.pledger@sympatico.ca

from: schell@basecamp.Eng.Sun.COM (John Schell)

This is one of my favorite breakfasts. It takes a little longer than wolfing down some breakfast bars and coffee but is well worth the effort. Best used on bad weather days, etc. I've included weights and caloric breakdown. Total weight is about 7.25 oz. per person.

Powercakes (Pancakes) (serves two)

Ingredient	QTY	(oz.)	KCAL	CARB	PROT	FAT
Bisquick	1 cup	4.0	480	296	32	144
Milkman	1 lqd cup	0.75	90	48	36	9
Powdered Eggs	4 eggs	2.0	308	40	78	185
Butter	1/2 stick	2.0	400	0	0	400
dry Syrup	1 pkg	1.0	120	120	0	0
FD peaches						
OR FD apples	1/2 oz.	0.5	?	?	?	?
Tang	1 quart	4.33	480	480	0	0
TOTALS		14.58	1878	984	146	738

Discovered after running out of food and trading our extra fuel for a couple of another expedition's one day bags we found we couldn't eat their powdered eggs if we were starving (which we were). This recipe is the only way we found to consume quantities of powdered eggs and is extremely good. WARNING: DO NOT EVEN DREAM OF EATING THIS GOOD WITH AN MSR STOVE!

While having coffee use some of the hot water to rehydrate the DH fruit and to mix syrup. Combine milk, eggs and Bisquick and mix to a rather thick batter. Add rehydrated fruit to batter. In a buttered frying pan pour approximately 1/2" of batter and on a low flame slowly cook the pancake to a delicious golden brown. Serve with butter and syrup. Usually makes two 8" diameter 3/4 to 1 "thick pancakes.

Basic Biscuit Mix - for four camp breads

- 1 Tbl. sugar
- .5 tsp. salt
- 2 Tbl. dry milk
- 1 Tbl. baking pwd.
- .5 c. shortening

Mix together the dry ingredients. Cut in the shortening with two knives, mixing until the shortening is in tiny pieces (smaller than tiny peas). Put the mix into a plastic bag and label it "Biscuit Mix - add .25 c. cold water per cup of mix."

Trail Directions -biscuits

1. oil frying pan, bottom and sides. Coat with flour by shaking.
2. Mix up mix. Easier with floured hands. Shape the dough into thin, 2 in. wide biscuits, and set in the pan. Cover.
3. Cook over a flame or throw the pan into some hot coals, covering. When cooking over heat, the flame must be low. If it isn't, don't despair, simply move the pan around the heat and hold the pan off the heat part of the time, to keep the bottoms of the biscuits from burning. Cool them 5 to 7 minute on one side, then turn them with a spatula and cook 5 min. more.

Be patient, and give the baking powder time to work.

Jim Hewein's **Sourdough Pancakes**

Ingredients (mix dry ahead) - 10 to 12 servings

- 3 c. flour
- 1 or 2 eggs, or 2 to 4 Tbls. dry egg
- 1 pkg. dry yeast
- 1 TBL. oil
- 1 tsp. salt
- butter
- 1 tsp. baking soda
- 1 TBL. brown sugar
- syrup

Packing the Food

Put into 3 separate bags, then package with the trail directions:

1. flour
2. yeast
3. salt, baking pwd., sugar, and dry egg, if used.
4. Carry in general provisions: oil, fresh eggs, if used; butter; and syrup.

Trail Directions

1. The night before, put the flour and yeast into a large pot and stir in 3 c. warm water. Cover and let sit all night.
 2. In the morning, add 1 TBL. oil, the salt, soda, sugar, and dry egg (or fresh) to the batter. Froth it up, as the woodsman says, and let it sit for 30 minutes.
 3. Lightly oil a skillet. Fry the pancakes, serve with butter and syrup.
-

Pancakes: batch for 18 pancakes (mix dry ingredients ahead)

- 2 c. flour
- 1 TBL. sugar
- .5 tsp. salt
- 2 TBL. dry milk
- 1 TBL. baking pwd.
- 0.5 c. shortening
- 1 tsp. butter or oil

1. Add 2.25 c. water to 3 c. mix. Stir until mixed, but don't try to get all the lumps out.
2. Heat a teaspoon or so of butter or oil in a frying pan. When the pan is hot enough to cook a drop of batter, ladle out spoonfuls of the batter and brown the cakes on both sides. The first side is done when you can see bubbles forming in the batter and the edges browning.

Note; Use up all the batter; it is much more pleasant to eat leftover pancakes than to contemplate disposing of unwanted batter. Cold pancakes make a good lunch dessert when you spread them with butter or a little honey or with whatever seems tasty, including granola or GORP.

FROM mel@iies.ecn.purdue.edu

SYRUP

cup sugar, white or brown, firmly packed

1/2 cup hot water

Combine, boil briefly. Add maple flavoring if there is any

TOAST

Bread may be impaled on forked stick cut from branch, browned on each side over fire, green willow and buttered. Or may be fried in skillet or pie tin in bacon grease.

Breakfast suggestions?

>Is there anyway to bring eggs in? (do they spoil?) recipes? Eggs work well and should keep for at least a week, longer if you grease them. I just cut up the carton as required for the trip. Bagels work well and (at least in the winter) you can carry cream cheese to go with them. Watching somebody toast bagels over a Wisperlite while sitting in a snow cave is something I won't forget for a long time.

Barry Needham ---- sun!arete!barry

The US Navy Submarine Service keeps eggs on board ship without refrigeration for *weeks and weeks*. How?

The eggs are waxed. The wax coating prevents air from crossing the boundary of the eggshell and spoiling the contents. (neat, huh?)

How do they wax the eggs? I dunno. Feed the chickens paraffin? Wax the underside of the hen and let her set awhile?

How can you wax your eggs? I dunno. But I thought you'd like to know this bit of trivia :-))))

Ron Miller

(back country in a submarine means where the rudder is)

I've experimented with several different ways of taking eggs on camping trips. As noted by others, eggs seem to last longer if bought fresh (not from Safeway). Also, you're a lot less likely to be carrying Salmonella along this way.

I usually break the eggs into a Nalgene bottle, and scramble them before I leave. I've kept them for 4 -5 days like this in moderate heat, but they'd last longer unbroken. Note - don't do this on a bicycle or motorcycle - I ended up with a custard last time from the shaking and the heat. If you want to avoid breakage, *and* keep the eggs whole, put them in a Nalgene bottle, and pour corn meal, cereal, or flour around them. Then you have everything you need to bread and fry those trout!

I'd suggest buying **regular oatmeal**, adding evaporated milk, and your own cinnamon, raisins or what ever.

I've always carried packets of instant milk. DairyMan(tm), I think the name is. They come in a box of 12, each makes a quart, and it is surprisingly tasty. Plus, the paper pouch can be burned afterwards!

Colin Fletcher recommends carrying some of the milk in one of those plastic ketchup/ mustard squeeze bottles. Out here it works great, even in windy conditions -- just flip the lid and squirt dry milk. Under humid conditions, I wonder if it would glob up the spout? A great cuisine id ea is to fill one of those plastic, refillable, "toothpaste"-type tubes with ghee - i.e. clarified butter. It won't go rancid for a *long* time, even when it's quite hot. And you can add nice real butter flavor to everything. You can make ghee yourself (I've heard a microwave helps immeasurably) or go to your local store selling Indian foodstuffs - you'll find imported ghee the jar, on the shelf (not in the refrigerator - I'm not kidding it won't go bad for a *long* time) and at a reasonable price, although quality varies. I usually make my own.

FROM: carnes@ico.ISC.COM (Steve Carnes)

Last year (or so?) Quaker came out with another **instant oatmeal** which they call Fruit & Cream (damn, now I'm not 100% positive of that). Anyway it's just a whole, whole lot better than they're old instant oatmeal. It comes in three or four fruit flavors. It's not as good as some alternatives but is quick and easy (if you're already starting the stove, that is).

Peter B

In response to the recommendation for **Fruit & Cream oatmeal**. I tried that stuff last summer. In my book it cannot be considered food. I'm not positive, but I think instead of using evaporated milk, they use Coffee Mate creamer. I have a fairly forgiving digestive system, but it revolted big time with that stuff. I'd suggest buying regular oatmeal, adding evaporated milk, and your own cinnamon, raisins or what ever.

Ugh. Just the thought of it makes me want to.....

Randy Marks

Home Made Instant Oatmeal

From THE WELL-FED BACKPACKER

1 cup quick oatmeal
1/3 cup instant dry milk
1/4 tsp. cinnamon
handful wheat bran
1 tbsp. chopped nuts
1/4 cup chopped dried fruit

At home: grind 1/3 cup oatmeal in a blender, until powdered. Mix everything together and divide into 3 bags. On the Trail. Place serving in a cup and add boiling water. serves 3.

Oatmeal Hotcakes

The night before, we added powdered milk, cinnamon, and the oatmeal together, poured some water over, to get a slight mush, mashed the oatmeal flat (kind of like kneeding), then let it sit in a tupperware container (my partner's eating dish) while we slept. In the morning, we shaped the oatmeal dough-stuff into cakes, fried them on both sides for aprox 2 -3 minutes, then served them with a chocolate syrup. We made the syrup simply by adding 1/2 handful of chocolate chips to melted margarine in the pan, and stirring until it was a thick melted liquid. The cakes were exquisite and in no way resembled oatmeal's texture. This was probably our best breakfast the entire trip!

Hedonistic Eggs

Ingredients

Hollandaise sauce

- 2 egg yolks
- 200g grams of butter (salted is fine)
- 2 tsp white wine vinegar
- 1 tsp lemon juice

Eggs Benedict

- 4 poached eggs
- 2 or 3 muffins halved
- 4 or 6 slices of ham warmed

Method

Sit the cookpot on the grill, half fill with water and bring to a simmer.

Place the butter in a metal bowl or enamel mug, place on grill to melt, when done place underneath on the warmshelf.

Put the the egg yolks in the bowl with a pinch of salt and a splash of cold water.

Whisk for a few mins then place over the barely simmering cookpot, whisking continuously until pale and thick, about 2-3 mins (don't let it get too hot, you don't want to scramble the eggs).

Remove from heat and slowly whisk in the melted butter, bit by bit until it's all incorporated and you have a creamy hollandaise. (If it gets too thick add a splash of water.) Season with a squeeze of lemon juice a little cayenne pepper. Pop under the warm shelf for later.

For eggs Benedict

Add a tsp of vinegar to the simmering water and poach the eggs for 2-3 minutes.

Whilst the eggs are poaching, pop the ham on the warmshelf and place the muffin halves on the grill around the cookpot to toast, flipping after a minute or so.

To serve, top each muffin half with a slice of warmed ham and a poached egg, spoon over a generous helping of hollandaise.

EZ Donuts

Ingredients

Several tubes of refrigerator biscuits, Mixture of sugar and cinnamon, Cooking oil

Equipment

Dutch Oven

Directions

1. Heat about one and a half inches of cooking oil in the Dutch Oven.

2. Be careful not to allow it to become too hot.
 3. Heat over coals, NOT FLAMES!
 4. Prepare the biscuits by sticking your thumb through them to make a ring.
 5. CAREFULLY drop them from a spoon into the hot oil.
 6. Turn them once.
 7. Remove them from the oil and roll them in the cinnamon and sugar mixture.
- Bob Harrold, Council Commissioner, Potawatomi Area Council (Wisconsin)

Fruit & Cinnamon Rice

Ingredients

2 cups minute rice 1 tsp salt 1/2 cups raisins
 2 can fruit cocktail, drained 1 tsp cinnamon

Equipment

Pot

Instructions

1. Drain liquid from fruit cocktail into measuring cup.
2. Pour into medium pot.
3. Add enough water to make 2 cup.
4. Add other ingredients and bring to boil.
5. Let sit 5 minutes.
6. Stir to fluff and serve.

Granola Stuff

Buy or make your own, add milk from Milkman powder. Hot or cold. Add to your GORP for all day snacks

GRANOLA

THE ONE BURNER GOURMET

GRANOLA COLORADO

(8 cups)

3 Shredded Wheat biscuits, crushed

2 cups Grape Nuts

1 cup All-Bran

1 cup broken, slivered almonds

½ cup toasted coconut

½ cup brown sugar

⅓ cup wheat germ

16 small or 8 large figs, cut up and rolled in ½ cup powdered sugar

Combine all ingredients and store in a tightly closed container

GRANOLA YUKON

(8 cups)

- $\frac{3}{4}$ cup chopped filberts
- $\frac{3}{4}$ cup chopped almonds
- 3 cups quick cooking oats
- $\frac{3}{4}$ cup wheat germ
- 1 cup raisins
- $\frac{2}{3}$ cup finely chopped prunes
- $\frac{3}{4}$ cup firm packed brown sugar

Combine all ingredients and spread on cookie sheets.

Bake 350 degrees for 15-20 min. Stir once or twice. Cool and store in air tight container.

GRANOLA SKAGIT

(8 cups)

Combine:

- 4 cups quick cooking oatmeal
- 1 cup wheat germ
- 1 cup chopped nuts
- 1 cup shredded coconut, cut up, or use flaked coconut

Combine:

- $\frac{1}{3}$ cup melted margarine
- $\frac{1}{3}$ cup honey

Combine both mixtures thoroughly. Spread on cookie sheets.

Bake at 300 degrees, 15 min. Stir every 5 min.

Add:

- 1 cup diced prunes
- and
- 1 cup chopped dates which have been rolled in powdered sugar so they don't stick together.

Store in closed container. Use within a few weeks.

GRANOLA ATHABASCA

(12 cups)

Combine:

- 3 cups quick rolled oats
- $\frac{1}{4}$ cup wheat germ
- 2 cups corn flakes or Wheat Chex
- 2 cups Grape Nuts
- $\frac{1}{2}$ cup sesame seeds
- 1 cup chopped pecans, almonds or filberts
- $\frac{3}{4}$ cup firm packed brown sugar
- 2 tsp. cinnamon

Spread out in large flat pans. Bake at 350 degrees for 15-20 min. or until golden brown. Remove to a large bowl and sprinkle with 2 tsp. Vanilla. Stir well and cool completely. Store in air tight containers.

To Serve Cranola: For each cup of cereal add 1 cup each of dry milk and coffee lightener. Combine thoroughly. Add cut-up fruit if desired. Sprinkle with dry cherry or strawberry Jello if desired. Moisten with either hot or cold water and stir. The addition of hot water makes a delicious cereal.

FRIED RICE AND EGGS

(Serves 4-5)

- 3 slices bacon, diced
- 1 tbs. dry onion flakes
- 1 tbs. dry parsley flakes
- $\frac{3}{4}$ cup minute rice
- $\frac{3}{4}$ cup water
- 5 eggs, beaten
- Salt and pepper

Fry bacon until crisp. Drain fat. Add onion, parsley, rice and water. Reheat to a boil and remove from heat. Cover and let set 5 min. Add beaten eggs, salt and pepper. Stir-cook until set.

Pre-cooked Rice Variations:

Add 14 cup slivered almonds, or other nuts.
Add $\frac{1}{4}$ cup raisins before bringing to a boil.
Add 2 tbs. chopped fresh mint, $\frac{1}{2}$ tsp. sugar.
Add dash of cinnamon, blob of margarine, 1 tsp. sugar.

Breakfast for the Chocolate Lover

Chocolate muffins with chocolate chips. Bring from home or steam bake on the trail from store bought mix.

mayonnaise and eggs

Hard boiled egg, 2 packets mayonnaise from deli, 1 packet yellow mustard
Chop up egg and mix with mayo and mustard, add salt and pepper to taste.
Spread on crackers, bagels, English muffins, pitta bread or any bread.

Lunches/ Trail Snacks

Lunch, usually eaten in the middle of the day--and in the middle of one's strenuous activities--provides a dead-time break. It's extremely hard to eat while on the trail, skiing, or on-beley. Strenuous jolting, what many outdoor activities do to your body and your stomach, make digestion hard; you must stop and take time to eat... but how much time? I've found two types of lunches: 1) the condensed meal, eat lunch all at once, in a long period of time, after hopefully reaching your goal, like on top of a mountain. Good food and a great view always compliment one another. 2) The grazing method, spread food intake over the entire day, in little snacks(often called GORP--Good Old Raisins and Peanuts --although, as the following recipes show, that is not what is *necessarily* in GORP),when you take quick breaks. Has the advantage that you keep on moving, you don't cramp up after a long break, and you don't waste time. Maybe one doesn't get to enjoy one's food as much as the condensed version; still you must decide.

Included in this section are snack/GORP suggestion and main lunch -meal ideas. Combining the two offers great variety and versatility too. Visiting any grocery store's BULK FOOD section can provide countless goodies to throw into your GORP. For more lunchtime recipe ideas perfect for the car camper, [click here](#) .

My favorite recipes:

GORP- It's just not a backpacking trip without it! GORP can have just about any dry snack tossed in. I have two "flavors" of GORP: sweet and salty. I have two kinds since sometimes I'm in the mood for sweet, sometimes not. They're even good mixed when I'm being indecisive. :-)

Sweet:

I typically use a mix of chocolate, crushed cookies, nuts, and coconut. I use chocolate chips or crushed chocolate bars, mixed with Keebler chocolate chip cookies (crushed) and filberts(hazelnuts) with some shredded coconut. GORP is by nature highly variable, and I rarely mix the same thing twice.

Salty:

Again highly variable, but a few things seem to always go in...Cheese crackers (Better Cheddars), with salted peanuts and pretzels(and those little sesame sticks when I can find the little buggers!) This is good with/for lunch. The sweet stuff is better for munching while hiking. By far the best meal I ever had while hiking was some home brew spaghetti I fixed for a hungry herd of seven.

I had packed in some fresh vegetables (white onion and celery) and I sauteed these in some margarine before adding them to the sauce. Lots of powdered onion and garlic

went in as well. The sauce was a normal dry mix (add the powder to tomato paste and water and simmer.) We had this with cheddar cheese, Parmesan cheese, and of course, spaghetti. This won't work on a long trip since the veggies and the cheese would spoil after a few days. We had this on our third day and everything was still OK. I hope you can use this!

Steve Bonds

SMTP%"uunet!sequent!techbook.com!chemist@csusac.ecs.csus.edu"

Pita Bread works well too. I haven't seen my favorite lunch posted yet; Peanut Butter on Bread/Bagel/whatever eaten with a handful of Granola. It's quick to eat on the trail and the only cleanup is to lick the knife clean. I just love those plastic Peanut Butter jars! My favorite [Granola](#) usually consists of 1/2 fruit Granola (apple -blueberry-almond-date) and 1/2 Confetti Mix (Peanuts, raisins, sunflower seeds, soybeans, coconut and M&Ms)

From: msc@ttrdc.UUCP (Michael Cross)

Lunch - Peanut Butter is a staple, but for variety we started carrying a stick of pepperoni & block of cheese. Both kept pretty well, even in hot weather.

Mike Engber

For lunch my favorites are tabouleh-stuffed pitas and rice cakes with peanut butter spread (1/2 molasses + 1/2 peanut butter +powdered milk + a little margarine to make it spreadable).

Eduardo Santiago

I've recently discovered a sausage called **landsjager** (apparently, it's of Swiss origin, so that j should be pronounced y). It's got incredible keeping power -- I bought some last spring, and it looked so bad that I forgot about it all summer, until I was packing a lunch for a day's volunteer work on an archaeological dig late last fall. The sausage still looked good, so I packed it, an apple, and a pile of cookies into my windbreaker pocket, balanced with a water bottle in the other pocket, and set out for a day of digging among the fallen leaves.

The landsjager turned out to be as near the perfect thing to round out a trail lunch as I've ever found. It's bone dry (like beef jerky), flavorful, and surprisingly easy to chew, considering how it looks. The dig, incidentally, was an exploratory dig, and we found quite a bit of evidence of archaic or early woodland habitation (but unfortunately, nothing good enough to date the site).

I bought my landsjager from a meat market that got it from somewhere in Wisconsin, so I have no general advice on where to get it.

From: jones@pyrite.cs.uiowa.edu (Douglas W. Jones)

Lunch on the trail: HELP!!!

>Any non-cooking (who wants to drag out a stove?) items? Or, maybe something prepared ahead of time.

Meat, bread and cheese. Bagels again, any of the dark heavy breads. Packaged or canned meat. Mustard, mayo or any of the deli type spice packets work well. The small cans of meat (6 oz?) work well split between two.

Barry Needham

Make a bunch of granola. It's light, needs no preparation so you can munch it dry on the trail, keeps well, tastes good and is healthy. (of course you will need something to wash it down with) You can also eat it with milk if you like that sort of cereal. Bean salad is good too for many of the same reasons.

FROM: cscnj!pat@rutgers.edu

Other favorites to carry are carrots - they last a long time, garlic, onions, (hey my polypro stops grizzly bears after a few days, so what's a bit of breath enhancer between fiends?), and tart apples are a great way to start the day. They seem to keep their crispness best when winter camping. Store bought tortellini aren't too bad either.

Bread

Any flat bread is great to pack. My favorite is Pita bread. Also, if you have never tried making bread in camp, you are missing at least half of the food fun. It takes no trouble at all to make biscuits. Very little trouble to make rolls of some sort. Virtually painless to make real bread.

Honey packs very nicely and with bread makes a great treat any time.

Cans

Several of you have mentioned taking canned meats or canned something else along. I don't like to take cans. Even after crushing them down, I always feel it is a pain to have to bring them back out. I also have seen too much litter strewn throughout wilderness areas to think that everyone packs out what they pack in. I don't want to even accidentally add to the wilderness litter. I don't pack in anything that can't burn.

Although necessary, I hate the foil lined packets of stuff. Most people throw them in the camp fire which leaves the unburnt foil part behind. I always burn them separately and pack the foil out. I always pack out other garbage that I find.

Editor's Note:

Burning paper-foil products may be more trouble than it is worth. Aside from the noxious fumes/poisons produced from oxidizing paper and aluminum and the devastation that unnecessary fires create in the wilderness, the substantial weight loss--of the paper burned--is hardly worth the fire's effort or expense.

You still have to carry out the heavy item, the aluminum, so why not just save the burning hassle??

Travis Marlatte ihlpa!travis

Here are a few kinds of backpacking food that people haven't mentioned:

Yogurt

It keeps well for at least a week (even in the summer) if you keep it on the inside of your pack away from the sun. Use it wherever you might think of using powdered milk. It's good in instant pudding, in curry (made with freeze-dried chicken, apples, raisins, your own spices and minute rice), with granola, etc.

Couscous

This can be a good breakfast with added dried fruit and honey for a little flavor. To cook it just let it sit covered for 5 minutes after you add boiling water to it. Tabbouleh made from a mix. Just add cold water and let it sit for half an hour.

Asiago (or dry jack) cheese and Thuringer sausage both travel very well. This kind of cheese doesn't get runny in the heat.

Packages of (already-cooked) dinner rolls good for sandwiches.

Fresh garlic

okay, I guess this isn't a dish on its own, but it's worth taking. It really adds something to a lot of main dishes. Just smash the unpeeled clove with the side of your knife or a rock and it'll be easy to peel and chop.

Clarified Butter

if you want to cook something with butter instead of oil, clarify it and it will keep for a long time. To do this, melt the butter and pour into your container only the clear part.

Vicki O'Day

I started by taking **smoked oysters** on long hard caving trips.
from amirza@bronze.ucs.indiana.edu (Anmar Caves)

FROM jones@pyrite.cs.uiowa.edu (Douglas W. Jones)

Caviar, good cheese and crackers makes a great snack! I prefer Wheat Thins for this, and I go for a cheese that travels well, something like Gouda or Emmentaler, if you can get it. Kipperd herring in garlic sauce is also pretty good.

Landsjager (a Swiss sausage that's about as indestructible as beef jerky), is also a good bet.

The serious point of this is that, in addition to GORP, beef jerky and other fairly generic trail snacks, there are some "near gourmet" items that do fairly well on the trail (so long as you pack out the tins and jars that such things tend to come in).

Subject: At last! Dehydrated beer

Taken verbatim from today's *San Jose Mercury-News*: **CONSUMER CORNER**

Packaged Beer Lightens The Load **PRODUCT:** *South Hills dehydrated beer.*

DESCRIPTION: A beer-flavored, non-alcoholic, carbonated, dry beverage made with maltodextrine, natural and artificial beer and malt flavors, dried beer, and corn syrup solids. It's packaged in 5-ounce (150g) packet that must be mixed with 8 fluid ounces (250ml) of cold water for drinking.

PRO: It has a refreshing taste, though a bit sweet, and is best when mixed with extremely cold water. Its taste is remarkably similar to beers produced by micro-breweries. It's a quick source of liquid carbohydrates, and it's easy and light to pack and mix.

CON: The instructions say to wait for the head to subside after mixing, but that takes better than 5 minutes... In very cold water the mix clumps up unless you add water slowly and stir constantly.

COMMENTS: Although it doesn't compare to a fine lager, it suffices quite nicely when your taste buds crave a cold one in the backcountry and you don't fancy carrying a six-pack. The manufacturer mentions one can add clear grain alcohol or vodka to achieve an alcoholic beer.

SUGGESTED RETAIL: \$5.95 for 6 packets.

FROM John Reece

Pizza Pockets

English Muffins (cut in half) Tomato sauce (or spaghetti sauce) Mozzarella cheese Pizza toppings (pepperoni, peppers, mushrooms, etc.). I use the round little pie/sandwich irons to make these. Put 1/2 of english muffin in both sides, cover both sides with sauce,

cheese, and other ingredients. Close the iron carefully and put directly on the coals, turning occasionally. Cook for ~15 min.

Nadine

04/03/97

Added idea to the cheese/peperoni lunch thing

I agree that peperoni and cheese makes a great trail snack. Last year when a group of us hiked through Zion National park we bought soft tortillas. They travelled well and made great sandwiches.

Tim Whelan

5/24/97

Dinners

Dinner recipes contained within primarily require cooking, or at least boiling water-- that's when we've find we have the most time to prepare the stove/cooking gear required to make hot water. Dinners with meat are listed in the following section (VI) [Meat Dishes](#);

we've thrown in two [dessert suggestions](#) at the end of this section.

Those **rice -with-sauce, noodles-with-sauce, potatoes-with-sauce, and now rice -and-beans-with-sauce** (complete protein) packages you can get in the supermarket form the basis of about 1/3 of my camping meals. You don't need to simmer them, if you're skimping on fuel or if your stove doesn't simmer -- just bring to a boil, take off the heat, put on a lid and wrap it all in a towel, then set it aside.

The towel holds in the heat nicely. After a bout half the simmering time you may want to bring it back to the boil again if it seems to be cold.

We also make **skillet pizza** -- just buy any pizza mix and top with extra cheese (small slices of Cheddar are fine), sausage (we take a long keeping salami or summer sausage), onion (we take fresh, they're worth the weight), mushroom (rehydrate in minutes -- we dry our own in a \$100 dehydrator) etc.

Also wonderful -- just made **cornpone** (shape into pones, my recipe says, how helpful), anyway we made patty-shaped things and fried them) split like a biscuit and make a cheese sandwich -- the warm bread melts the cheese a little -- *excellent* on a cold

morning. Actually *any* made on the spot bread equivalents will be much nicer than a five day old bagel. {ed: yeah, but the bagel's a lot quicker}
FROM gregory@csri.toronto.edu (Kate Gregory)

One of the easiest things you can do is to make your own **reconstituted beans**. Much cheaper and you know exactly what goes in.

The recipe can be found in many backpacking food prep books. Basically, it involves cooking beans down in the way you do at home, draining them, and spreading them out on cookie sheet to dry a couple of hours at low heat in your oven until crumbly. Very lightweight, very inexpensive, and it reconstitutes to taste great. Will last at least a month. On the trail I prepare them the same way you do (add to boiling water, let boil for 3 -5 minutes; sure beats the 30-90 minutes you would have to wait if you cooked dry beans) but I hadn't thought of the Taco Bell angle. I've been lugging along a big container of salsa. On the other hand, having all the extra salsa is a great way of making failed food experiments or "let's just combine everything we have left on the last day in one big pot" adventures taste great!

With dried beans you can make quesadillas, beans and rice and tortillas, and bean soup. I've also had a lot of luck drying ground beef and making leathers (tomato, zucchini). You can make your own sauces with the judicious use of leathers, dried milk, oil, fresh garlic and a few of the packets of dried stuff from the store (sour cream, tomato, etc). When we got backpacking we pretty much rely on dried sauces, dried meat and beans, pasta and rice, tortillas and Pita bread. Very little of it is commercially prepared food. We also tuck in a can of minced clams and the instant cheesecake product. That instant cheesecake stuff is fantastic.

Once we tried a veggie stir fry with dried beef. It worked fine, but we decided the weight of those vegies just wasn't worth it.

FROM vleppert@casbah.acns.nwu.edu (Valerie Leppert)

Ever make **refried beans**? Ever notice how they kind of dry out at the edges of the frying pan? Well make your favorite and then spread it on a cookie sheet and dry it in a (relatively) cool oven. (Or just by the instant refried bean mixes I see in some health food stores if you insist.) Now you can just add to some boiling water over the camp stove and you have the basis for a Mexican meal.

I usually accompany this by making **chapaties**:

1 cup of flour (whole wheat is acceptable/preferred by me) 1 tbsp oil 1 good pinch of salt enough water to make a dough (about ½ cup depending on your flour and your hand for this sort of thing). Knead until elastic, pinch off ~ 1 inch balls and roll them out thin.

Put them on a moderately hot skillet (no oil or butter) to cook. They should form large bubbles/air pockets and if you are not as good at this as most third world people you can pop them into a microwave at this point to finish them off.

They are quite good and indestructible. Of course I would rather have a complex carbohydrate at a rest stop than a piece of chocolate so I'm kind of strange anyway. Anyhow as I say they travel well and fill that void between rye crisps and real bread in my pack.

Anyhow, back to Mexican dinner. Bring some fresh vegies as well, such as tomatoes, onions, etc. Also some cheese and use the chapaties as tortillas (I have better luck with them in the pack than store bought tortillas) and even some salsa if you like. You can make tacos, enchiladas, or roll up the little beasts and heat them to melt the cheese inside in a pot over the stove if so inclined.

There you go, for what its worth. Now you see why I need a copy of your collection? Cheers and happy climbing, hiking, paddling, skiing, etc.

Ian Kay

Rice thingy

- Chop up some celery, carrots, and kielbasa. Add some spices, put in a Ziploc and freeze.
- At camp, cook this mixture until pretty much cooked. Add a package of rice-a-roni (both envelopes) with the indicated amount of water and cook, stirring often, until most of the water has evaporated and rice & pasta are tender.

Note that these are not too great for a 4 -day trip on the last day, but the frozen goods do make it well into the second day, making them great second-night suppers.

Eduardo Santiago

Also, just yesterday I learned how to make **Beijing Dumplings** (you may have had them at a Chinese Restaurant as appetizers) and found that it's very easy to do, and might be appropriate for the wilderness.

Probably not standard format, but here goes:

Mix flour and water into a dough. Make it dusty, to prevent sticking. Roll the dough into small (3" diameter, very thin) pies –almost like tiny pizzas.

Into the dough, put a mix of whatever veggies (& meat?) you choose. Pork works well, with scallions, celery, other light greens...

Probably only half of a teaspoon of the chosen mix should be put in each pie. Then fold the pies up, *sealing* the contents in by pinching the dough around them (no holes should be left). Drop the dumplings into boiling water, they'll sink. When they're ready, they'll rise back to the top of the pot (note: in order to make many of these, a *fairly* big pot may be needed).

This is very easy to do, but probably should be attempted at home to get a feel for it before trying it out in the wilderness. Soy sauce and/or sesame oil can be used (in tiny quantities: easy for packing) to add flavor.

Note that all you really need to pack in is the flour and meat/veggie mix which can be prepared before-hand and kept in a Tupperware container. If the mix is frozen on day 1 of the hike, the meat should keep in the container until night 1.

Just a suggestion. I was amazed at how simple to make they are (and very tasty!)

andy kowalski

andyk@ats.orst.edu

Hello

Whenever I go camping, I always take some **papadams** along with me. All of my friends agree that papadams are excellent campfire snack food.

Papadams are round Indian chips made of lentils, SPICES (ranging from mild hot to HOT HOT) and bicarbonate of soda. All the ingredients are mashed together and then sun-dried. They are then cut into 6-8 inch diameter circles.

To cook them, just hold them over the campfire, and keep turning it around. It's actually quite simple, and after the first one, you'll be able to do it without burning them. They're great at the end of the night with some juice, or some beer. And the act of making them and teaching others to do so (and watching them burn) goes for great campfire camaraderie.

These circles can be bought at any Indian store. Tops has a great selection too.

manish

Hi!

I found this one this past weekend at our hockey tournament in Minnesota--It gave our team enough energy to outshoot Harvard 23-16 (but we didn't win.)

1cp sugar

.5cp sweet butter

1cp sifted flour
1 tsp baking powder
pinch o salt
2 eggs
24 halves pitted purple plums (or sliced apples or rhubarb, anything that covers the top)
topping: sugar, lemon juice, cinnamon

Directions:

1. cream the sugar and butter. Add flour, baking powder, salt, eggs. beat well.
2. pour batter into 9 inch spring form. Place plum halves skin side up. Sprinkle lightly w/ sugar & lemon juice, depending on desired sweetness of fruit. sprinkle w/ 1tsp cinnamon.
3. bake at 350 , 1hr. remove and let cool, refrigerate. serve w/ vanilla ice cream.

From: gdc1@cornell.edu
(Geraldine Desmoulieres Carter) (dino :)

editor's note: try making ice cream by mixing snow with sugared drink mix or vanilla, brown sugar, and powdered milk.

Take some canned beans (the kidney beans) and some canned chicken(Swanson premium white) and heat just enough to get contents very warm. Spoon serving into a fajita shell (or something similar)and spray Easy Cheese on the warm contents. Wrap up shell and eat. This is very filling. The drawback is the cans. That's why this is a good meal to eat after the first day of strenuous hiking. You can stuff trash into the cans to help condense your trash. This was first tried in the Daniel Boone National Forest. It has since become a hit meal in the Smokies and in Wyoming on my trips. Hope this helps! If you have any comments, please feel free to mail me at the address below. Thank you,

Brian Hippley
hippley@cn.ecn.purdue.edu

Cool weather, the agitation of a pack, and the sense of expectation all combine to make ceviche on the trail one of its best incarnations. My recipe is:

One medium rainbow trout, filet and cut into small (1-inch) squares
1/4lb bay scallops (optional)
One large onion, cut into thin rings
1/2 cup coarsely chopped fresh cilantro
1 yellow bell pepper, cut into julienne
1 red bell pepper, same
1/2 cup lime juice (don't skimp!)
2 Tbsp raspberry vinegar

1 Tbsp Tabasco (or to taste)

1 Tbsp vermouth (optional)

1/2 tsp salt

1/8 tsp fresh ground black pepper

Mix together, seal in a jar and pack with you - the acid pickles the fish so no cooking is required, and the result is delicious. Serve with a cooled Cous-cous or other pasta to absorb the liquid and spread the flavor out.

Don Barry

don@chara.gsu.edu

My friends and I, toward the end of a 2 week backpacking trip with heavy amounts of miles, became quite bored with the prepackaged food we had and the blandness of the "just add water and heat" food. We became determined to either have a tasty hot meal, or go hungry trying. We consolidated all our food, sorted out the stuff that obviously wouldn't work, and mixed the stuff left over. We ended up with a few sticks of beef jerky, an apple that was about 65% bruised (which we cut up into very small pieces), and both minute rice and brown rice. While looking for wood for the fire, we happened upon a huge onion "patch" (is that what you call it?) and a while later several healthy mushrooms (yes, they were true wild mushrooms). We mixed all this together along with a couple packets of salt (compliments of MC Donald's packaging) to form the colloquial "rock soup." We had been hiking hard for a solid week and a half over hilly and muddy country. We were tired of the normal food we had been eating. To this day, everyone in the group (5 people) swears that even though the pot was barely full (that's WITH the water), we all feasted like kings and absolutely could not have ate any more. Now that I think about it, I believe this is the same outcome to the "rock soup" story isn't it?

Jim Patten

Cooking (with flavoring), then dehydrating in your stove works well--not as good as freeze-dried, I guess. Rice and tomato paste work really well for this. Just cook the rice, add the paste, spread on a cookie sheet or three and leave in 100 degree (or less if your stove goes lower) oven, with the door cracked, for about 3 hours. If this is not the simplest recipe in the world, I don't know what is. Sure, it's just flavored rice, but when you also cook up some chicken tandori you've had marinading since you left home (better eat it the first night unless it's winter!), cook up some pan bread, pull out the bottle of wine and the cheesecake for dessert - OK, maybe I went a little overboard there - it's almost lunchtime and I'm hungry. Buy I wasn't joking about the chicken tandori or pan bread (can't get much more freeze-dried than flower and baking powder - also spices are light enough - though not for people who measure the weight down to the weight of a fork!) is not difficult. For long trips you can cook and dehydrate meats.

from ejh@khonshu.colorado.edu

Fantastic Foods brand dried chili and refried beans from the health food store are actually pretty good in their own right.

Italian style pasta. These sauces keep and work pretty good:

1. Basil pesto, topped with extra chopped walnuts and loads of Parmesan cheese. If you keep the container topped off with olive oil it won't turn black.
2. Pepper sauce. Saute some garlic, dried parsley and a pinch of red pepper flakes for about a minute in olive oil.
3. White clam or shrimp sauce from a small can of clams. Just warm the clams/shrimp & juice in a frying pan, add garlic, chopped parsley, and a few spoonfuls of dried milk.
4. White clam or shrimp sauce from a small can of clams. Just warm the clams/shrimp & juice in a frying pan, add garlic, chopped parsley, and a few spoonfuls of dried milk.
5. Alfredo sauce. Reconstitute dried milk with somewhat less water than usual, and combine with melted butter or margarine and Parmesan cheese. I don't favor this too much in cold weather, because I find cheesy/creamy pasta gross if it cools off before I can eat it up.
6. A few spoonfuls of french onion soup mix and olive oil also make a good pasta sauce.

Asian style pasta.

- 1> Sprinkle a few drops of sesame oil and soy sauce over Italian or Asian style noodles.
- 2> Thai peanut sauce. I don't have the recipe handy, but it's basically peanut butter, plus honey, sesame oil, soy sauce, and red pepper. Maybe ginger and garlic as well.

Angel hair pasta, or fresh, is a lot easier to cook right at high altitudes.

FROM jreece@sousa.intel.com (John Reece)

A few things I usually **eat in the bush** are:

- 1) Knorr cream soups then I add pasta, has to be stirred quite a bit however quite a nice meal. These soups are particularly good.
- 2) As far as meat goes, I bring sausages, they last a month. Hit any butcher shop. I have also tried some smoked meats, they last about 2-3 days.
- 3) Mashed potatoes with Parmesan cheese (standard stuff.)
- 4) This year I tried cheese fondue. The packages can be bought for a few dollars and last forever, (vacuum packed). They are very easy to make on stove or fire. The only bad thing is they are a little heavy, but without question worth the weight, and I will include

this in many trips in the future. What you dip in fondue is up to you. (There is booze in cheese fondues.)

FROM mefels@triples.math.mcgill.ca (Mark Fels)

besides the obvious macaroni & cheese, there is a surprising number of dehydrated foods in the grocery store. For pasta, there is a company that sells fancy little pastas in small plastic bags for making soup, but you can add less water and just make pasta. The packages come with dry peas, carrots, tomato base, and things like that (depending on the version you choose). A little overpriced if you were cooking at home, but cheap compared to freeze dried stuff. Knorr makes all sorts of soups that can be used as sauces or a source of cheap dehydrated vegetables. Betty Crocker makes dehydrated scalloped potatoes. You can get packets of brown gravy mix, a Knorr package of vegetables in a tomato base, add some dry mushrooms from a Chinese grocery store, and cook them with the potatoes for a yummy stew. One of the nature food type companies (the one that makes Nature Burger I thing) makes a refried bean mix and a black bean mix, as well as a polenta mix. For the cooking-impaired, there are directions on the package and everything.

(Try a health food store, or bread&circus if you have such a place if your local supermarket doesn't carry them). Take a walk in the grocery store, visit some unusual ones (Chinese, Italian, health food) for more obscure items, and think creatively.

FROM ST402676@brownvm.brown.edu

Lipton/Knorr makes these dehydrated rice and noodle dishes that are pretty good. The rice ones take 2 cups of water and boil for 10 minutes. The noodle ones say to use half milk so I add some dehydrated milk.

To make them a little more nutritious I add green beans, carrots, sun dried tomatoes, or other vegies that will last a while in a backpack.

At around \$1.50 for a package that will serve two, they are a hell of a lot more economical (and almost as good) as the gourmet freeze dried stuff.

From bergen@milton.u.washington.edu (Scott Bergen)

Dumplings

Ingredients: 1 c. biscuit mix

Trail Directions:

1. Mix up by biscuits directions
2. Form the dough into balls the size of ping-pong balls. Set these on top of a stew or soup and simmer covered for 15 -20 minutes, or until the middle of the dumplings is dry.

Doughboys

Ingredients:

2 c. biscuit mix
butter or margarine
jam or honey

Trail Directions:

1. Add .5 c. cold water to 2 c. mix. Do not add more water than this or the doughboy will fall off the stick.
2. Mix and pat the dough around the ends of 4 sticks. Make each doughboy about 4 in. long by .5 in. thick.
3. Hold the doughboy over the fire to toast them slowly for about 10 min. or until the inside is done. Turn them as you would a marshmallow you were roasting to perfection, and occasionally pat the dough to keep it evenly distributed. (If it gets lopsided, it will tend to crack and fall)
4. Pull the doughboys off the sticks gently and fill their cavities with butter, jam, or honey; add other ingredients according to whim.

Lentil Soup:

Trail Information:

time 30 min.
water 3 cups
equipment 1 pot
servings 2 to 3

Ingredients:

1/2 c. lentils
1 tsp. dried carrot flakes
1 tsp. dried minced onion
1/4 to 1/2 tsp. salt
1/4 c. potato buds
1 tsp butter or margarine
or 2 TBL. Parmesan cheese (opt.)
1 c. biscuit mix for dumplings (opt.)

Trail Directions

1. Add 3 cups water to the lentil mix in a pot. Cover and bring to a boil; then take the pot off the heat to sit for 15 min.
2. Boil again, simmer for 15 min. Add potato buds and cook a few more minutes. Add 1 tsp. butter or margarine or cut some Parmesan cheese into the soup.
3. To make dumplings: add 1/4 c/ water to 1 cup biscuit mix and make stiff batter. Follow earlier directions. Cover so they steam and cook until done during the last 20 min.

Black Bean Soup

It is possible to use other beans, like navy or pinto, to make this.

Trail Information

time 10 minutes

water 4 cups

equipment 1 pot

servings 4

Ingredients

2 c. dried cooked black beans*

2 beef bouillon cubes

1 Tbl. dried minced onion

1/2 tsp. dry mustard

2 cloves garlic

2 TBL. each dried green pepper and parsley (opt) 2/3 c. grated cheese (opt)

1 TBL. butter or oil

Trail Directions

1. Smash the garlic cloves with the flat of your knife to remove their skins. Cut into bits and cook for a few minutes in 1 tablespoon butter or oil in a pot.

2. Add the remaining contents of the bean bag and 4 cups water, and cook 10 min. Add grated cheese or cut in a few tablespoons of cheese.

* Dried Canned Beans (or cooked beans): Drain a 16 ounce can of beans of your choice. Mash or leave whole. Spread beans on a greased flat pan and dry in oven at 140F with the door propped open, for 6 -8 hours, until they are crumbly. Reconstitute with an equal amount of water.

Kasha (buckwheat groats)

Trail Information

time 20 minutes

water 1 cup

equipment 1 pot, a second pot or frying pan

servings: 3

Ingredients

1/2 c. buckwheat groats

1 TBL. dry egg

2 TBL. dried leeks or onion (opt)

1 TBL. dried green pepper (opt)

generous TBL. butter or margarine

Trail Directions:

1. Boil 1 c. water.
2. Add 1 1/2 to 2 TBL. cold water to the buckwheat mix in the bag you brought it in and mix it up.
3. Melt 1 generous TBL. butter in a frying pan or second pot, add the buckwheat mix and stir until the grains are coated and separate. Add 1 c. boiling water, cover, and simmer 15 min. or until the water is absorbed.

I have run out of time for now. These all came from -The Hungry Hikers Book of Good Cooking- by Gretchen McHugh. If these sound interesting, she has a few stew and soup recipes. Let me know if you want them.

This has become a traditional "**first night**" meal:

- 1 packet instant marinara mix
- 1 packet instant tomato soup
- 1 tube tomato paste
- 1 packet instant tortalini

Ignore all the directions and just dump it together The next is really disgusting to even think about, but somehow really hits the spot after a real death march:

- 1 or 2 Ramen bricks
- good sized handful of instant rice
- 1 packet cheese soup
- whatever else is loose and rolling around the food bag

again, just boil and simmer a bit. The result is very much like glue and might also be good for sealing seams, but the cheesy starch hits the spot like nothing else does.

FROM: m466am@blake.acs.washington.edu (Erostratus)

One summer I spent 3 months backpacking in Alaska. I started the trip with 20 packages of Ramen noodles. After a few days I was pretty tired of it. I kept getting suggestions from other people I met in the wilderness and ended up with dinners that where quite varied. Lunch and breakfast were harder (cheese-crackers/oatmeal). Fresh food is ok. You can carry fruit and veggies that won't spoil and if you are not going for more than 10 days at a time you can afford the weight (unless you have a change of clothes per day). Try onions, peppers, cucumbers....

Michel Helft

Two Ideas:

Cheese Fondue

Buy Package; very easy to make. Bring broccoli, bread crackers etc.

Knorr Soup & Pasta

Dissolve soup add lots of pasta (about 2 cups) and boil until pasta is ready. Very thick, spice to taste.

Mark

Summary: suggestion with an eye towards minimizing cost:

My wife and I spent 2.5 months backpacking in various places in the Northwest. Needless to say we had to solve the "food" problem and do it cheaply. The store bought dehydrated meals are way too expensive.

Dinner - we use a lot of grocery store noodle dinners. Knorr makes a variety of them like "Noodles Alfredo" or "Noodles Parmesan".

Of course Macaroni and Cheese is always good. To get some beef into the menu we dehydrated our own hamburger and made Hamburger Helper--there are lots of varieties of this --our favorite was the lasagna. I can give you details on drying the hamburger. It's very cheap, especially when you compare it to the cost of buying dried meats or even making your own beef jerky.

engber@shorty.cs.wisc.edu (Mike Engber)

1. Dehydrated/"packaged backpacking meals": WHAT brands have you tried? Any favorites out there?

I've had some good luck with some of the mountain house stuff especially the chili and lasagna. The real trick is the extra stuff, spices and additions that you cook with it. I often take some extra packets of freeze dried meat to toss in with the main meal.

Something that nobody else has brought up yet, SPICES: Red pepper and Parmesan cheese saved from take out pizzas. Tabasco sauce. Horseradish and mayo in little packets saved from the deli. A good hot mustard (well OK, so I like hot food..). Garlic powder to mix with the fake butter (giving garlic bread to have with the lasagna).

Barry Needham

First, if you buy Bisquick or Jiffy Baking Mix, you'll find recipes for biscuits that require only milk to be added. By using powdered milk, these are pretty easy to make while backpacking. Haven't tried it myself, but I've heard you just make the dough and squish it into the bottom of a pan or wrap it around a stick.

Last summer, I went backpacking with a vegetarian, and we brought **falafel** mix. It comes in powdered form. You just mix it with water, form it into little balls, and fry them for about 5 -10 minutes. It's great backpacking food if you like falafel. If you aren't sure, I'd

try it in advance! Falafel is generally eaten in Pita bread, which is good, because Pita bread is another of my camping staples. It doesn't squash very easily, and it stays fresh pretty long.

Another good thing is to buy squeeze tubes (at a camping store) and fill them with peanut butter or honey or jam.

For meat, we often bring one of those big 1 or 2 lb Italian "dried" salamis. They don't go bad, they don't get squashed, and they're pretty concentrated calories. The drawback is that they're pretty greasy, which can get to you after a while.

When we're car camping, we'll often mix a can of chicken soup with extra canned chicken meat, to form something between a soup and a stew. You can add carrots, extra noodles, etc. too. It's a bit heavy for backpacking, but you might be willing to carry it for one day, and eat it the first night.

And of course, there's that college favorite -- Mac and Cheese mix. The butter/oil that it calls for is a bit messy to carry, but it isn't strictly necessary. You can use powdered milk instead of regular.

I find that backpackers are generally one of two types- the grazers and the gorgers. Grazers are happiest eating GORP, fruit, etc. all day long. Gorgers like to wait until dinnertime, and then eat one huge meal (saves time and effort, they try to tell me!) Best to figure out which type you are, so that you won't plan on eating huge dinners, then find yourself craving cookies and GORP, or vice versa.

Finally, there's a book that's been recommended to me which I've never looked through. It's called *Simple Foods for the Pack*, but if you get the Campmor catalog, I always see it listed in there. If your library has it, you might want to browse through it.

Margaret Martonosi

From mrm@garlic.Stanford.EDU

FRIED RICE: feeds 4

List of Ingredients:

- 1 lb rice
- 1 lb meat - ham, bacon
- 2 tbsp sesame oil
- 1 tbsp dried onion
- 2 tbsp corn oil (if ham is very lean)
- 1 pkg Kikoman fried rice seasoning mix (Soy sauce for additional seasoning)

Procedure:

1. Cook rice.
2. While cooking rice.
 - A. Cube ham, or bacon to ~1/4" squares.
 - B. Heat sesame oil in fry pan.
 - C. Fry ham and reconstituted onion until ham is slightly crisp

NOTE: Stir ham frequently and rice occasionally.

3. When rice is done rinse with cold water twice.
4. Add the cold rice to the just crispened ham mixture.
5. Gradually add the seasoning mix while stirring continuously over a VERY HOT fire.
6. Continue cooking until evenly fried.

This meal may be somewhat salty, but after a hard sweaty day on the trail that should not pose any problems. Most of my camping is being done in the BWCA of Minnesota, which is canoe country, and most of the time we are just paddling the load with portages in the 1/2 to 1 mile range, so the extra weight is not much of a problem. However, BWCA rules ban cans or bottles, and our trips last up to 2 weeks so most perishables are out at least for the last half of the trip. (BTW. Hunts has tomato sauce in a paperboard box)

Other meals I have come up with include Pizza, Beef Stroganoff, Spaghetti and Chicken rice -a-roni. As for Ziplock's, I use seal-a-meal so I do not have to worry about the seal opening up. In fact, I have been sealing an entire meal into one large bag so I do not have to search thru all the packs for the various ingredients as they are all in the one bag (including matches and dish soap)

Vickey O Day

1. Spaghetti Sauce

I have had quite good success with dried hamburger and dried tomatoes to make a decent spaghetti. The other ingredients – spices, noodles - are easily backpacked. In camp, add water to the tomatoes and hamburger several hours prior to cooking. Close to dinner, the tomatoes will be the consistency of tomato paste. Combine everything with more water and start simmering.

The result was a very good semblance of kitchen prepared spaghetti sauce. We had this meal early in the trip and again later. The meat and tomatoes seemed to keep fine (average temperature during trip was 60F). The only problem was the noodles. During the trip, the noodles got crushed up. It was like eating Spaghetti-O's or some other kids meal.

2. Spices

Dried and fresh spices are the easiest, most useful food to pack. Beefing up (so to speak) any packaged meal with your own personal touch of spices really makes a difference. It can make the difference between grub and a meal.

Travis Marlatte

I've found one can replicate the convenience of these package dinners and get somewhat better culinary results. Don't drain all the water out of a pot of regular pasta, toss in Milkman powdered milk, clarified butter, and Parmesan cheese, and stir a bit over low flame. For an easy seafood sauce, drain the pasta better, dump in a small can of clams or shrimp, Milkman, garlic, parsley, and olive oil, and again stir over low flame. Fresh or Angel Hair pasta gives best results at high altitude.

Even easier, just toss pasta with a spoonful of pesto, chopped nuts, and Parmesan cheese.

One reconstituted food that I've found tastes good, even at home (!), are the Fantastic Foods' refried beans/black bean products. They make great trail burritos with tortillas, dry Jack cheese, and salsa from hoarded Taco Bell packets (the only reason I stop at Taco Bell, by the way).

from jreece@sousa.intel.com (John Reece)

Hobo Stew

Hobo Stew: First Night Delight (Must be made and frozen before trip - Designed for first night consumption)

1/2 lb - Hamburger (Best) or Grnd Turkey (Okay) or Garden Burger (Uhg!!

1 small - Sliced Red Potato

1 medium - Sliced Carrot

1/2 small - Sliced Onion

Liberal Amount of Crescent Season Salt (Essential)

Spread 1/2 of meat out on a large piece of tin foil (Enough to make several wraps - I will explain later). Cover meat with vegi's, sprinkle liberally with Season Salt, cover vegi's with remaining meat. Wrap tin foil around the whole thing. ** Be generous because you are probably going to use a stick to get this thing out of the fire ** Stick the whole thing in the freezer and freeze solid. The day of the trip take it out and put it in your pack. (Be careful to understand the laws concerning heat transfer) You want the sucker to be thawed when you set up camp the first night. ** Note: This can be the most tricky of all the directions** When you get a fire going or if a fire runs against your environmental grain - Camp Stove - Throw the sucker in there or on there as the case may be. Color is the indicator of doneness, if the tin foil is black so are its contents, try for a light brown and lots of steam. Unfold it or just cut a hole in the top and use the tin foil as your plate. Afterwards burn the tin foil or if you are more adventurous leave it outside your tent to see what large or small animals you can attract. Wrap the whole "Mary-A" Hobo Stew is a camping tradition with my family. We have enjoyed it even after our dog rolled in a dead salmon, We have enjoyed it burnt, we have enjoyed it raw, we have enjoyed it at home for that camping experience in the security of your own home, we have enjoyed it even when nobody else enjoyed it. I can say one thing for Hobo Stew - WE ENJOY IT!!!!

Brad Backlin
backlin@pacific.net
05/30/97

curry cous-cous

- * in pan fry carrot slices, chopped onions and garlic
- * onions are golden, add water, curry (amount depends on desired spiciness), salt & pepper
- * when water comes to boil, add cous-cous
- * when cous-cous is fluffy, serve and enjoy!

This is a nice, hot filling dinner :)

Michelle Hayes
06/04/97

Pita Beginnings

You Need:

- 1 Pint Olive Oil
- Garlic Salt or Flakes (to Taste)
- 4 Slices of
- Pita Bread

Heat Olive Oil slowly with Garlic

Dip Pita in Oil for excellent Starter to a meal (Keep a little of the oil to sautee' any chicken/vegetables you may have for your main dish)

Concerning the above: Boneless chicken breast is excellent.

Pete Lester
Rusteland@AOL.com
09/22/96

Tortellini Supremo

serves 2 -3 hungry campers

INGREDIENTS -

- 16 oz dried cheese tortellini
- 1 large onion
- 1 green pepper
- 3 plum tomatoes
- 1/2 stick of butter
- 1/2 lb. of cheese
- 1 pkg. powdered Caesar dressing
- 16 oz. tomato sauce

1 pkg. ramen noodles

PREPARE a 2-1/2 quart pot about 1/3 filled with water and begin to cook at medium heat (Yeah I know just don't set the stove at max. output). Slice the onion into chunks and spread in a 2 quart pot in about 1 inch of water. Put this pot on med. heat. Slice the pepper and layer it on top of the onion. Put the butter on top of this pile and cover. Add the tortellini to the water (yes, even if it isn't boiling) Slice tomatoes, set aside. Dice cheese into small cubes, set aside After the tortellini has been boiling for five min. add the tomatoes to the other veggies After 3 min., add the tomato sauce and the Caesar dressing stir well, then cover Drain some of the water, leaving about 1 inch of water above the pasta Add the cheese and the ramen noodles, Serve the pasta and smoother with sauce!! Now you can feast!!!

Dot Ball

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02/23/97

sucuk and bulgur

This is a very quick very easy cooking dinner. You need to get SUCUK (a kind of spicy bacon - Turkish origin) for the meat additive to your bulgur wheat. Well dried, sucuk is very resistant even in temperatures reaching up to 40 degrees celcius for a week or so. I don't know how easily it could be found in other countries but its readily available here in Turkey. Bulgur wheat is very good in cooking time when compared to plain wheat. As additives we use our own home made (oven dried) green pepper - green onion mix together with some tomato paste, salt to the taste and vegetable oil. Recipe: - Sucuk is cut into slices of about half a centimeter thick (about 100 grams per person) and fried with a little oil till the color changes from pink to red (takes about 1-2 minutes).

- Bulgur wheat measured as one cup per person is added together with the additive (preferably fresh but the dried ones also work well) - 2 cups of cold water is added for each cup of bulgur

- The cover is closed and its boiled without simmering until the wheat is soaked and water is only visible through little volcanoes erupting through the semi cooked wheat (you will know what I mean the first time you try it). DO NOT STIR!!! - After the little volcanoes you simply simmer until no water is left. Alternatively if you don't have a stove that simmers well just take it off the fire and let it rest for 10-15 minutes before cool enough to be edible. In very cold weather cover it with some insulation to allow a slow cooling. - from the beginning to the end it takes about 30 minutes to cook depending on the altitude On the other hand, smaller grain bulgur does not require cooking. Just ad boiled water and let it rest under insulation to cool down to be really cold. It is still edible.

Orhun Kantarcý

Backpacking Burritos

- 1 7oz Box Fantastic Foods Refried Bean Mix
- 1 Pkg Backpackers Butter (Available in Campmor Catalog)
- 1 Pkg Cheese from Kraft Velveeta Shells & Cheese Din Box
- 10 Fajita size flour Tortillas
- Onion Flakes - 1/2" deep in Ziplock
- Dehydrated Jalepenos(Sliced)
- Approx 6-8 10 Taco Bell Taco Sauces
- Aluminum Foil

First, add water to cover onion flakes and jalepenos when arriving at camp. If possible build a small fire, remove tortillas from plastic and wrap in aluminum foil. If you can't or don't want to have a fire form a tortilla size grill out of foil and alternate between keeping beans warm and cooking tortillas individually on stove. In one sm pot boil about 3 -4" water place cheese pkg inside and set aside.

place tortillas in hot coals - approx 10min. Prepare beans according to pkg directions. When tortilla(s) are done remove and reseal, add beans, melted cheese, sauce, jalepenos, onions - enjoy!

Bill Kulik

kulik@sonnet.com

03/07/97

Tsampa

- tea bags
- water
- 2 tbs roasted wheat flour
- salted butter

Instructions:

1. Brew a strong tea.
2. Add the wheat flour and the salted butter.

This recipe from Tibet gives 300 calories and is very nutritive.

sstill@carterusa.com

03/19/97

Ramens Anyone?

I know that ramens can get real old real quick out on the trail but being a college student (nutrition major no less) I have thought of tons of creative ways to enjoy? them. I usually pack all the blocks for a trip in one large bag and keep the seasoning packets sealed.

What I do is take 3 blocks of noodles and 2 packets of seasoning, add in chunks of beef jerky or trail meat and then just enough water to cover the noodles (the less you use the

less you have to pour out i.e. damaging your campsite) as soon as the noodles get cooked enough to be soft and edible I take thin slices of cheese (alot) and mix in so it melts. Finally season to taste with paprika and Tabasco.
This is generally filling for my partner and I along with dessert and is pretty nutritious. Its a little high in fat but putting in heavy miles will account for that.

Nutrition Analysis per person

Calories: 1100 Fat g : 57 47% cal.

Protein g: 64 23%cal.

Carbohydrates g: 80 30% cal.

Enjoy! P.S. if anyone ever needs a partner for Ohio/Mich./Kentucky contact me at my e-mail.

Lucas Lavey

lavey.1@osu.edu

04/18/97 05:36:21

Tasty Deserts

Yeah--go on... Treat yourself to a reward after a hard day's exercise!

>From mcrae@grads.cs.ubc.ca

you have a choice when packing your food to do it by day or by meals, i.e. all lunches together or breakfast, lunch, dinner and snacks for each day.

I prefer the later method - as then I know what I can look forward to for treats later in the trip rather than eating all favorites first!

I always take hard candies - as I get very thirsty and they seem to help and give a little energy boost at the end of a day's hike - you'll probably get lots of food tips - but here is one - take instant puddings add dry milk and then you only need to add water for a nice dessert. I also take granola with dry milk in it -then you can add water either hot or cold for a good breakfast. Do take some onions (dried or fresh for adding flavor)

REMEMBER do not wash your dishes in the stream or fresh water.

Desserts - You can use dry milk to make pudding and it tastes just fine. Along similar lines - we discovered we could make the instant cheesecakes and instant chocolate mousse's you can find in most any grocery stores. Of course we weren't able to make the crusts, but we just sprinkled the Graham cracker crumbs on top.

Mike Engber

Mama Heller-Goley's Vinegar Pie

2 TBLS butter
1/2 cup sugar
3 TBLS flour
1 tsp cinnamon
1/4 tsp cloves
1/4 tsp allspice
1/8 tsp salt
1 egg
2 TBLS vinegar
1 cup water
1/2 recipe Plain Pastry (You can use frozen pie shells, if you have never learned to make pie shells)

Cream butter and sugar. Add dry ingredients, egg, vinegar and water. Cook in top of double boiler until thickened, stirring constantly.

Line piepan with pastry, bake in moderate oven (350 dgs.F.) 3 minutes, then pour in filling and continue baking until crust is brown.

Makes 1 (8 in. pie)

Pat Heller Goley Bennett

bennett@coastal.edu

04/29/97

Banana Boats

This recipe is kid -tested!! You will need:

- Tin foil
- Bananas(if you buy them green they ripen on the way)
- marshmallows
- chocolate chips

Peel banana(bruises are OK, don't worry). Place inside tinfoil and smother in marshmallows and lots o' chocolate chips. Roast for 10 mins. in the embers of your campfire (if available).

This recipe is camp counsellor tested. Tired hikers respond well to a slimy treat like a hot fudge banana split! However, those going on extended hikes will perhaps have to modify the recipe. Please reuse your tinfoil!! Bananas do not squish well, whereas marshmallows can be contorted into indefinable shapes and not compromise taste. And freezing Bananas is not a good (by experience!!)The bananas will turn black and have a funny taste. This recipe has always worked on YMCA canoe trips, but I have never tried it in extremely tight conditions. Banana boats are best accompanied by a dying fire and stories. Hope this is helpful.

Andrea Morash

commonjo@idiredt.com

08/21/96

Fruit Compote

Dried apples, blueberries, strawberries, or any other dried fruit you have in your pack.

1 pkg. apple cider mix

Water

Use enough water to just cover fruit. Sprinkle cider mix over all. Bring to a boil, then simmer till fruit is rehydrated. Delicious!!

This was concocted in the Wind River Range on our last day and everybody wanted to lighten their load and throw in whatever they had left. It turned out to be one of the best desserts I've ever tasted!

Sandi Still

Instant Puddings

At home, combine:

1cup dry milk,

1pkg. any pudding.

At camp: Add: Water equivalent to that on which the package says milk.

I tried it last year in Yellowstone. It works well with the cold water. When it was finished everyone in my group said that my chocolate pudding looked like bear poo.

Stephanie Leshk

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02/12/97

WHEN DO WE EAT! WHAT ARE WE HAVIN?

MEMPHIS MOLLY

1 (#2) can tart cherries

1/2 stick margarine

1 (#2) can unsweetened crushed pineapple

1 small box white Jiffy cake mix

all the pecans / walnuts you can afford

Pour tart cherries and crushed pineapple into a 6k.2 x 9" dutch oven and stir. Sprinkle cake mix over the mixture. Spread flakes of margarine over the top. Spread pecans over the butter or margarine. Bake 20 to 30 minutes by placing 6 pieces of prestarted charcoal under and 8 pieces on top of the oven. Serves 8.

POPCORN CAKE

- 4 QT popped corn
- 1 LB small gum drops [omit black ones]
- ½ Cup Butter or margarine
- ½ Cup salad oil
- 1 LB small marshmallows
- ½ LB peanuts

Grease tube pan with extra butter. Mix popcorn, candy, peanuts together. Melt butter, oil and marshmallows in saucepan. When melted, pour over corn mixture. Mix Well and pour into pans. When cool, turn onto a plate and slice as you would cake. Keep covered to keep moist.

Meat Dishes

Recipes (mostly dinners) with meat in them. Also included are some methods of dehydrating meat at home for use when in the woods.

Using a commercial dehydrator, we dried out **chicken** that had been soaked in a flavored marinade (two kinds, actually, one soy-based and one Italian-style).

What we didn't realize was that poultry goes directly from being "squashy" (and thus still hydrated) to being, well, hard. We ended up with well-seasoned chicken-flavored rocks that were much too much effort to eat after a day of backpacking.

I imagine that if you can get the meat just right, so that it actually has a jerky-like texture to it, it wouldn't work that badly.

Oh, for those of you who are wondering why we didn't try to re-hydrate it... We did.

Didn't work, even after 24 hours of soaking in warm water. Trust me, we had six months to play with it. It all boils down to one thing.-- TRY YOUR RECIPES AT HOME FIRST!!!

FROM pnsf01dw@UMASSD.EDU (Dennis J. Wilkinson)

I dry largish quantities of **hamburger** before a trip. This is how I prepare it:

Buy 1 lb lean or premium hamburger (find ground round or ground chuck on sale). Chop up 1 onion, 2 -3 cloves of garlic. I like adding a bit of lemon grass (available fresh at many Asian grocers; dried is OK. 1 tbsp dried; maybe 1/4 cup fresh). Brown hamburger together with onion in a large frying pan; stir well to crumble things up. Cook until it's almost done (say, until there's almost no pink left). Tilt pan to collect liquid; drain it off (that'll get rid of a lot of the fat, which makes things go rancid). Add garlic & lemon grass; 1 -2 tbsp flour, & soy sauce & black pepper to taste.

Cook another minute or two. Remove from heat. Turn everything out onto a large baking sheet. Pop baking sheet into a warm oven (120-140); dry until crunchy. Pat remaining grease off with a paper towel; put into a Ziploc bag.

Keeps at least 2 weeks on the trail. Usage: Reconstitutes in warm water; cooks in about 5 minutes in boiling water. Makes a great addition to spaghetti sauces, soups, stews, etc.

from tran@sun-valley.stanford.edu

Rice Stuffed Trout

Ingredients:

- 1 pkg boil-in-bag brown rice
- 1 tsp oregano
- 1 tsp rosemary
- 2 tsp parsley
- 3 to 6 tsp olive oil
- 1/2 tsp salt
- 3 to 6 freshly caught 9 inch trout
- heavy duty aluminum foil

Before leaving the house, premix the oregano, parsley, rosemary, salt and olive oil and store in an appropriate container.

At camp, boil the rice for the required time (usually 10minutes). Remove from water and allow to cool while preparing the trout.

Prepare a bed of coals to cook on.

To prepare the trout, slit them along the belly and remove the entrails. Make a small incision at the gills and remove them. Finally, use your thumbnail to remove the kidney, which is located inside the body cavity right next to the spine. Do not remove the slippery coating on the skin of the trout.

Open the rice packet, add the spices to it, and mix. Get a piece of aluminum of suitable size and put one spoonful of rice in the middle. Spread the rice to provide a bed which will protect the trout from burning. Stuff the trout with rice and place on the foil. Put another spoonful of rice on top of the trout and then make a rolled seam with the foil. Try to make the seams tight, and leave a little room inside the foil for expansion. You can put up to two trout in the same packet. Place the packets on the coals and let them cook undisturbed for about 10 minutes. Retrieve the packets, (careful!) open them and enjoy.

Larry Pyeatt

Anyhow, I will make my token contribution here, two that I remember as being particularly successful with the other members of the group:

Amounts are sketchy as this is a very plastic base on which to improvise:

- 1 cup of bulgur wheat
- 1 can of turkey chunks (tuna sized can)

- 1 small package of one of those instant gravy mixes from the grocery store. My current favorite is a green- peppercorn sauce by McCormicks (sp?)
- Assorted spices, garlic, sun-dried tomatoes, etc.

Cook 1 part bulgur (plus tomatoes, etc) to somewhat more than two parts water and when close to done, add the turkey and the gravy mix (half a package may do for two people) which should thicken the whole mess a bit.

Variations are endless, but it is hearty tasting and filling, and bulgur seems to cook faster than rice or the thicker varieties of pasta, is more compact than the latter, etc., and is closer to brown rice than white for those watching their nutrition (look out, there's nutrients in that pot!) Some very strange things can be done with cous-cous as well and it only needs the addition of boiling water.

Ian Kay

Chicken-veg stir-fry

- * Bone and cut up some chicken parts into small pieces. Season with salt, pepper, fresh garlic and anything else interesting. Put in a Ziploc, add some olive oil and freeze. * Cut up some carrots, celery, scallions etc into small pieces, put in another Ziploc and freeze.
- At camp, get your stove going, open up the chicken and cook, stirring often, until almost done.

Add the veggies and cook a little longer.

Shrimp-thingy pasta

- Mix about 1/2 pound of cooked (peeled) shrimp, some scallions, celery, pepper, garlic and spices in a Ziploc, add 1/2 can of chicken broth and freeze.
- Pack some pasta.
- At camp, boil the pasta and set to one side. Heat up the shrimp mixture, mix with the pasta and eat.

Eduardo Santiago (santiago@lerad.pa.dec.com)

Dried Hamburger

1. Get the leanest meat you can get. Fat causes the dried meat to go rancid. I often grind my own to really get it lean.
2. Cook it, breaking it into small pieces.
3. Drain the grease, paper towels help sponge it up.
4. Spread on a cookie sheet, don't crowd it.
5. Put in the oven overnight, (6-8 hours) Oven should be on as low as it will go. I believe the exact recommended temp is 125 – 140 degrees, which is lower than the first marked number on most oven dials.
6. The meat will come out in small, hard, dry, dust like pieces.
7. Seal in bags. Ziploc are OK, Seal-a-Meal is better.
8. To use, boil in some water for about 5 min to rehydrate. Makes great Spaghetti sauce.

9. (chunks of cooked chicken are supposed to work also, but all I ever get is impossible-to-rehydrate rocks. I possibly over dried it)

Making Beef Jerky

1. While you have the oven fired up, make some Jerky also. Oven conditions are the same. Don't precook the meat.
2. Take a very lean (Trim off all the fat) flank steak. Cut it in very thin strips. Partially frozen steak makes this easy.
3. Soak it in your favorite marinade. Soy sauce with ginger root works good. Don't overdo it as it will get a strong flavor.
4. hang it from the oven racks, and dry with the hamburger.

Tastes GREAT!

To REALLY get all the fat out, put browned hamburger in a large wire colander (like a large tea strainer), and then put the whole thing into a large pot of water and let it sit for a while. The fat will go to the top and harden. Take off the fat, remove your colander with meat, and let it drain a bit. Then go through the drying process. Obviously, because the meat has been soaked, it will take longer to dry, but the lowered fat content makes a BIG difference in storage and rehydration time.

For really good results, buy or make a dehydrator :-)

Drying Hamburger Algorithm

I got the idea from an AT hiker in the Smokies.

The main goal of the process is to extract as much grease as possible from the meat. For blotting grease I used newspaper covered with a couple layers of paper towels. Maybe someone has a better suggestion.

- 1) get some ground beef. The leaner the better
- 2) cook it up and drain off as much grease as possible
- 3) spread the hamburger out in a cookie sheet on something to blot the grease. Put this in the oven at ~100 F for ~8 hours. There is a significant color change (darkening) to let you know when it's done. You'll need to change the grease blotter a couple times and stir the hamburger around to make sure it all gets dried.
- 4) spread the hamburger out on a grease blotter and let it sit out and dry at room temperature for a few days. You'll need to keep it covered and you'll also need to periodically change the blotter and mix up the hamburger. I found that after a day or so it was sufficient to just change the paper towels as not much grease was getting through to the newspaper any more.

Now, what you have closely resembles gravel, but don't worry it becomes edible if you just boil it for ~5 minutes. We mainly used it for Hamburger helper:

- 1) boil the water (hopefully purifying it)
- 2) add the gravel and wait 5 minutes
- 3) add the Hamburger Helper noodles & let them cook

4) add the Hamburger Helper seasoning and cook to your own taste I also used the stuff to make some pretty good taco's once. We found we could get 2 meals for two people out of a single box (but then we always had a substantial dessert with it - pudding or cheesecake)

We packaged the gravel up, using a Seal-A-Meal, into 1/2 pound (original weight) packets. A pound of hamburger turns into about a cup of gravel after drying. I don't know the weight off hand, it isn't much, maybe 8 ounces. All this will vary greatly depending on how finely you break up the hamburger and how lean it is to start with.
Peter B.

Beef Hash with Gravy

Trail Information:

Time: 15 minutes

Water: 3 cups

Equipment: 1 pot, 1 frying pan, and a spatula Servings 4

Ingredients:

two 2 1/2 ounce pkgs. cooked pressed beef, dried and crushed
1Tbl.dry milk
2 tsp. Butter Buds
2 TBL. dried minced onion
1/2 c. French's instant mashed potato powder, or 2 c. potato buds
3 to 4 TBL. butter or margarine
1 pkg. instant brown gravy mix

Trail Directions:

1. Boil 2 c. water in a pot. Add the contents of the beef bag, cover, and simmer for 2 to 3 min.
 2. Off the heat, add the potatoes and stir; cover and let sit for a few minutes.
 3. Heat 3 to 4 tablespoons butter or margarine in a frying pan. Fry the "hash" over medium heat until browned on one side.
 4. Rinse out the pot that the hash was in and boil 1 cup water in it. Add the instant gravy and cook 1 min.
 5. Turn the hash. Pour the gravy over the top. Brown the side that is down.
-

Quick Chili

Trail Information:

time 15 min.

water 1 1/2-2 cups

equipment 1 pot

servings 4

Making and Drying the Chili:

- 1 pound ground chuck
- 1/2 cup finely chopped onion
- 2 cloves garlic, minced
- 1/3 c. finely chopped green pepper
- Big pinch of oregano
- small pinch of powdered cumin
- 1 TBL. chili powder
- 1/2 tsp. salt
- 6-ounce can tomato paste

Brown the meat and spoon the fat off. Add the onion, garlic, green-pepper, spices, salt, and tomato paste. Stir and cook for 15 min.

Let it sit for an hour if you can- this enhances the flavor. Spread chili on a greased shallow pan and dry in the oven at 140F with door propped open.

Trail Directions:

1. Add 2 cups water to the 2 cups dried mix, stir, cover, and bring to a boil.
 2. Cook slowly for 10 minutes.
-

East Meets West Stew

Trail Information:

Time 1 hour soaking, 45 min. to 1 hr. cooking

Water 2 to 3 cups

Equipment 1 pot (2 if cooking rice)

Serving 3 (easily expanded by doubling or tripling the recipe)

Prepare Ahead Ingredients:

- 2 ounces beef jerky
- 8 medium or 6 large dried Oriental mushrooms
- 2 TBL. dried sliced onion, or 1 TBL. dried minced onion
- 1 beef bouillon cube
- 1 TBL. flour pepper to taste
- 1 cup biscuit mix,
- 1/2 c. rice

Trail Directions:

1. Soak the jerky in water to cover for 1 hr. in a pot. The last 30 min. add the mushrooms and onions, and more water if necessary.

2. Take out the mushrooms, remove their stems, cut them up, and return them to the pot. Bring the water and contents, plus bouillon, to a boil, cover and simmer for 30-40 minutes.
 3. In a cup, mix a tablespoon or so of flour with water to make a thin paste. Stir this into the stew.
 4. Set dumplings (made from 1 c. biscuit mix and 1/4 c. cold water) on top of the stew. Cover, and cook 20 minutes longer. Or cook 1/2 c. rice in 1 cup water in another pot.
-

I have attached some recipes using an exciting new product developed in Australia. It is a dried ground beef (not jerky!!!) which when water is added reconstitutes to a cooked ground beef. The process allows premium beef to be dried so that meat protein is preserved.

Only the flavorings, pasta, vegetables or rice need to be added to produce a convenient meal.

regards,

Robyn Donovan
(donovar@dpi.qld.gov.au)

Mexican Mix (DRIED GROUND BEEF RECIPES from Australia)

- 125g Settler s Dried Beef Mince
- 1 pkt Taco mix seasoning
- 500 ml tomato pasta sauce
- 1 can red kidney beans
- 1 can corn nibblets

Add all ingredients together. If a little dry, add water to make it the consistency you like. Should not be s lippy. Can also take more than one bottle of tomato pasta sauce.

Thai Green Curry (DRIED GROUND BEEF RECIPES from Australia)

- 125 g Settler s Dried Beef Mince
- 1 teaspoon dried garlic
- 3 tablespoons curry powder
- 1 cup of frozen beans
- 1 tablespoon beef stock powder
- 2 onions chopped
- 2 can coconut milk

add water if necessary after cooking.

Brown onions in a pan for 3 minutes, add garlic, curry powder beef stock and all other ingredients. Bring to the boil a nd simmer for 10 minutes. Vary curry powder if too hot!

Rices of the World - Sate (DRIED GROUND BEEF RECIPES from Australia)

- 125 Settler's Dried Beef Mince
- 1 pkt of Sate Rice (Precooked rice with Sate flavoring)
- 1 cup frozen peas

In a bowl place 1 cup water, dried beef, peas, contents of rice packet and water according to their directions. Cook for the time suggested on the packet, stir and let stand for 5 - 10 mins.

Note: SETTLERS IS NOT TO BE CONFUSED WITH JERKY. SETTLERS IS A NEW COOKED DRIED GROUND BEEF PRODUCT AVAILABLE IN AUSTRALIA FROM PO Box 88, MORNINGSIDESIDE 4170 AUSTRALIA Tel: 61 7 899 2857 fax: 61 7 988 0542

Editors Note: So as not to endorse any products specifically, it's perfectly acceptable to substitute [dried hamburger](#) or [beef jerky](#) for SETTLERS.

ARMY FOOD (creamed beef on toast)

- 1 lb ground beef
- 3 heaping tbs flour
- salt and pepper to taste
- 2 1/2 cups milk

Brown hamburger-drain all fat. stir in flour and mix with meat brown ing, but not burning mixture. It will become very dry. Turn heat down and add 2 1/2 cups of milk, stirring constantly until mixture thickens to your preference. Season with salt and pepper; serve hot over toast.

DAN POPE
dpope@webtv.net
04/27/97

BARBECUED TROUT FILLETS

TAKE TROUT FILLETS AND WRAP THEM IN SMOKED BACON. THEN BARBECUE THEM. WHEN THE BACON SLICES ARE COOKED THE TROUT IS ALSO READY
SIMPLE BUT DELICIOUS AND EASY.

WE ALWAYS DO THIS RECIPE FOR PEOPLE WHEN ON HOLIDAY IN THE DORDOGNE IN FRANCE EVEN OUR FRENCH FRIENDS ARE IMPRESSED. EAT WITH PLENTY OF WINE.

IRIS SYMMONDS
newbigginm@aol.com
05/12/97

Grits and Gravy

- 2 packages instant cheese flavor grits

1 package cream of chicken cup of soup
boiling water
combine the grits and cup of soup in pot and add boiling water to desired consistency.
The beauty of this recipe is that you can use different flavors of grits and soup for
unlimited combinations. A quick and easy recipe.

Don Watts
donwatts@aol.com
08/19/96

More on Beef Gravel

Just a comment on removing the grease from "beef gravel"... Dieters have long known that one way to get ALL the fat out of ground beef is to BOIL it...this also has the effect of separating the beef into more uniform "gravel". Boiling onions, peppers, etc. with the beef works fine. After boiling (and draining and rinsing beef and seasonings in a colander), dry per the other "beef gravel" instructions.

Beef Stroganoff

1 pkg. Lipton's Sour Cream and Chives Noodle mix
1 can of Hereford Roast Beef and Gravy
Just cook the package of noodles as directed sans butter (we don't even notice it's missing) add the can of beef and gravy. Continue cooking and stirring until warmed through. We made this on a three day Boy Scout Backpacking adventure in the desert near Desert Center, Ca. We had been hiking all day. This was fast and easy and very good. Summer Sausage on Cheese Rolls makes a great Trail lunch. Happy Trails!

Cadie Werth
cwerth@aol.com
02/09/97

Dried Hamburger

This is just a quick tip for drying hamburger and having it last much longer. Use the leanest hamburger that you can get. Brown it well, until all of the pink is gone. Drain off all of the grease that you can. Then place the cooked hamburger into a colander or seive and pour boiling water over it until the water runs clear. It is the fat that makes the hamburger spoil. By pouring boiling water over it, you will wash away almost all of the remaining fat. Then blot the hamburger between paper towels until reasonably dry. Spread out on the dehydrator screens (or place on a cookie sheet in the oven) and dry until dark and crumbly. Dried hamburger can be used in many recipes. My favorites are the hamburger helper types. I add the dried hamburger to the pasta, so it rehydrates as the pasta is cooking. You may have to experiment a little to get the right amount of extra

water to add. As a quickie meal, this even works great added to Kraft Dinner. I add dehydrated onions and some extra spices.

Just as a word of warning. I had a friend who tried this, and got impatient waiting for the water to boil. He added the macaroni to the water before it came to a boil. The resulting 'messy mass' defied description. All of the macaroni merged together into one large lump. After hiking all day, he was hungry enough to eat it anyway, but it didn't do much for anyone else's appetite.

Michelle Farr

Michelle.Farr@gov.ab.ca

02/12/97

Unlikely Dump

For a quick after-caving meal, I dump one can of corned beef hash into a pot made from a large grapefruit juice can and add about two ounces of chunked hard cheese. Warm this over your choice of heat source, then add one packet of Tobasco sauce. A packet of ketchup doesn't hurt either. Stir until the cheese melts and incorporates; then serve over any kind of tough bread (i.e. bagels, pilot bread, Italian bread, etc.). A large mug of hot tea with sugar and a heap of this mess works wonders toward restoring a spelunker to humanity.

The first time you make this for your group, do so in an area with a clear escape route away from your team-mates. Until the dump gets hot enough to emit aromas, it looks pretty disappointing. Pausing to scrape the mud from your hands will buy you a certain amount of tolerance.

Bill Rich

brich1@worldnet.att.net

3/11/97

Assorted Stuff

Contains lots of individual people's meal philosophy, interspersed with good, simple, food ideas. Take as little or as much from each as you choose; they are all worth reading through, as some suggestions are neatly tucked away. Please note: ideas specifically labeled "vegetarian" (by the contributor) are in [section VII](#), although several good vegi ideas are also included in this section.

When I go backpacking (> 2 nights), I seldom take day hikes along the way (apart from high altitude ones, not so frequent for me here in the States). So I usually carry all my

food with me. I usually carry: NO gas-burners, NO pottery: (if it's cold, you get even cooler waiting, if it's warm, you don't need it)

Jam:

it's very high in calories for the weight. I usually carry it in 1/2 liter water bottles with a large opening, as they weigh less than glass jars, and close well enough not to smell too much for the bears.

Nutella:

it's very high in calories for the weight, and it's a real treat.

Italian style pork salami:

also hi-cal due to the fat and light, a real treat as well.

Bread:

to eat the above things. Also, otherwise I can't get my stomach filled. If space is a problem (it usually is), then I use Pumpernickel, a sort of very dense german black bread. Sugar cubes, fig bars, and other hi-cal stuff ready at hand.

Dried fruit:

My favorites are apricots, figs and prunes.

Black chocolate

of the bitterest type that can be found (70% cacao if possible), to be eaten as a reward when I really feel accomplished.

FROM luca@Xenon.Stanford.EDU (Luca De Alfaro)

We generally take a couple of freeze-dried meals for a one-week trip, just because we can count on at least one day where we arrive in camp very late, very tired, in the rain, and want to do the absolute minimum of meal preparation. Otherwise, we roll our own. Supermarket food is far cheaper, and freeze dried foods quickly begin to get boring. We generally take fresh steaks and frozen lima beans and wine for our first night out. There's something about a day of hard work and fresh air and a lake side setting that makes a charcoal broiled steak taste much better than at home or in a restaurant. We leave home with the meat and beans frozen solid, in a small styrofoam cooler in the car (along with anything else that benefits from staying cool - cheese, margarine, sausage, etc). When we transfer it to the packs, a day later, it still has ice crystals in it. After 10 hours or so in the packs, it is up to room temperature by the time we are ready to cook.

We usually cook our evening meal and our leisurely breakfasts over a wood fire. We carry a stove for those few occasions when we're in a hurry, or when we just need hot

water for a simple breakfast. Thus, we don't have to worry about fuel efficiency, and can boil or simmer foods as long as necessary. This allows a great variety of food. (I am speaking of lightly traveled routes in northeastern US, Ontario, Quebec. The amount of dry fire wood that I pick up to clear a space for the tent is enough to cook the first meal) Pasta is always a good choice. The macaroni and cheese mixes (e.g.:Kraft) are quick and easy. Our children loved it, and now that they are gone, we still do it occasionally. Dress them up with dried beef, polish sausage, or whatever.

We often take spaghetti, using our home-dried tomato sauce. Make any sauce you like, at home, even including ground meat. Or just use one of the standard bottled pasta sauces. Spread it in a thin layer on a Teflon cookie sheet and dry it gently. Set the oven to its lowest temperature, and leave the door open (I think the right temperature is around 130 degrees, and an oven control doesn't go that low). It takes a day or so. then peel it off the tray and put it in a Ziploc freezer bag. Store in the freezer until you leave. It is reputed to keep in the freezer for a full season, and in your pack for a couple of hot weeks. To cook it in camp: cook the pasta , drain but leave a little water, add the dried sauce to the water, and simmer and stir until reconstituted. It worked wonderfully.(after writing this, we bought a real commercial dryer. More convenient, faster, better for tender things like fruit) We take a little grated Parmesan cheese for extra flavor, and use it in a wide variety of meals.

We like a mixture of lentils and rice, with a lot of cumin added (an eastern European dish learned from an Iranian friend). Sometimes we add a little polish sausage, dried beef, or whatever spicy meat we have available. Instant rice saves time. Lentils cook in 15 minutes or so.

Ginger shrimp and rice is my wife's invention, based loosely on something she found in a cookbook. She found tiny dried shrimp in an oriental food store. (These stores are a great source of very inexpensive dried seafood, dried mushrooms, etc.) Simmer instant rice, the dried shrimp, some dried mushrooms, and ginger (commercial dry powder if you're lazy, fresh if you're a gourmet) to taste (and salt, of course). Very cheap and very simple. Using a mix that's partly wild rice adds flavor and texture.

Almost any sort of cured sausage will keep for at least a week. We take hard salami or summer sausage, sharp cheddar cheese, and crackers or hard bread for several lunches. "Wheat Thins" survive well in the pack. The heavy, hard, European style dark breads(the deli section of many grocery stores often have these, usually in thin-sliced square one-pound bricks) keep forever and don't crush in the pack. The aged cheeses, which are firmer and dryer, keep the longest (months), but almost any cheese will keep for a week or so. Double-bag the cheese - cheddars and colby will ooze oil as they get warm. The little jars of dried beef ("chipped beef") in the supermarkets are almost as light as freeze-dried beef, far cheaper, and keep well. Transfer it to a Ziploc just before leaving. Use it anywhere you would use beef - we add it to lots of different things. Just remember it is

salty, and season accordingly. Mashed potatoes and chip beef gravy would be an easy meal, for example. I would use dry milk (either non-fat or whole), freeze dried peas, a few dried mushrooms, lots of dried beef, and a little liquid margarine. We take a small plastic bottle of liquid margarine and use it for flavoring, shortening (in pancakes, etc.), frying, etc.

The deli sections of the supermarket have other ideas: ramen, various soup mixes, etc. The Lipton "cup-o-soup" individual packets are quick and easy. We used a lot of these when traveling with children.

Bagels and cream cheese make great lunches (and sometimes breakfast too!) Bagels are firm enough so they won't crush, will keep for up to a week, sealed in a Ziploc before showing mold, and bread mold is harmless anyway. Surprisingly, the cream cheese seems to keep well too!. We take a tiny jar of cheap caviar, and spread a little on the cream cheese to add variety and flavor.

Large cities usually have a bulk dried-food store which caters to Mormons and others who believe in keeping a long term cache of survival food at home. Such a store usually has a variety of very inexpensive dried vegetables, soup mixes, etc. Ours (Tadco, Rochester, NY) used to have dried tomatoes, dried powdered cheddar cheese, and various other useful items - I haven't checked lately.

If you get the catalogs from the various suppliers of freeze dried backpacker meals, you will find that they offer a much broader selection than is available locally (check the ads in Backpacker magazine, for example). We like to order freeze dried beef or pork cubes, and use them in our own recipes.

We've had good luck baking cornbread in a covered frying pan over a slow fire. (The cornbread mix available in grocery stores works fine - no need to mix your own unless you're a purist) We generally plan the trip for at least a couple of slow leisurely days where we can take our time over slow meals - pancakes and sausages, cornbread dressed up with grated cheese and beef shreds, etc. Frozen Brown -and-serve sausages also seem to keep for many days at room temperature. Granulated maple sugar reconstitutes in warm water into wonderful maple syrup for pancakes. It's sometimes hard to find. The last batch I found was at a country store/cider mill- (Schutt's in Webster NY)

Quick breakfasts are most often the individual serving packets of flavored instant oatmeal.

The dried fruit in the bulk section of the supermarkets makes good snacks and deserts. We experiment with various gorp recipes, for snacks and quick lunches. My favorite is just peanuts, chocolate chips, and raisins. We sometimes add cashews, sunflower seeds,

toasted almonds, etc. If you don't like it gooey and stuck together after a hot day (we like it that way), use M&M's instead of chocolate chips.

We transfer most foods from their original packages to heavy-duty freezer Ziploc bags. Greasy stuff like the margarine bottle may get double-bagged, just in case. Sometimes we pre-measure the ingredients for a single meal, and put the several little bags into a single big Ziploc, labeled with a marking pen, for convenience. We've found that a standard Ziploc is not strong enough: the sharp ends of spaghetti will poke through it in the pack, for example.

There's lots more. But this ought to give you enough ideas so you can start getting creative yourself. One thing to remember is that after a hard day in the woods, absolutely anything tastes good, so you can enjoy even your mistakes, and then write down your successes to use again next time.

David Damouth
from damouth@wrc.xerox.com

We bought a home dehydrator for less than \$100 years ago. We dry raw veggies (including frozen corn straight from the bag), jerky made with raw meat, and cooked meat, all following the instructions in the book that came with it. I'm sure you could build your own machine with the help of a book on drying foods.

Then, and this is the key for us, we **do not** sit down at home, decide what we will eat on each day of the trip, and pack it up into a gazillion Ziploc bags labeled Tuesday's Dinner etc. I am sure a lot of people will tell you to do this, but I think it's stupid. You have no idea how hungry you are going to be at the end of day seven while you are still in your living room. We take **ingredients**. Each morning, we decide what meat we will be having. We put the dried cubes in a plastic bottle, and pour boiling water on them - it was boiling for coffee anyway. It soaks all day and at night we cook noodles or rice or instant potatoes, make a sauce (tomato, mushroom whatever) for the meat cubes, and presto. We have had chili, stew, curry, spaghetti, you name it. The dehydrated stuff comes out remarkably like the real thing. People who travel with us always feel spoiled because we eat real food. Oh yes: take a real onion or two, the flavor and texture of dehydrated onions is awful.

Another thing we do that may be too heavy for hikers is take old cheese, a long keeping sausage like Schneider's Summer Sausage, and bagels or English muffins for lunch sandwiches. We also eat a lot of jerky and dried fruit. And of course, frozen steaks wrapped in newspaper for the first night dinner: fried steaks, fried onions, and instant au gratin potatoes (ask me how to do oven recipes with a pot and a towel!) along with the last of the ice water (started the day frozen solid, thaws in the pack). That is always our

traditional first night. Everything we take (except the steaks) is non-perishable within a few weeks. Some of it would keep for months or years.

We take no cans, no bottles, and because it's dehydrated, it's light. Everyone who has traveled with us, and several more who haven't, have bought one of these home dehydrators. I often wish I had a cut of the ones my friends had bought (but, of course, I don't).

If you want actual recipes or suggestions for ingredients to take that can go into many different dishes, mail back. This letter is long enough already.

Kate Gregory
FROM gregory@csri.toronto.edu

My cuisine as grown out of backpacking in New Zealand. (this is a warning):

Drink--

try HOT jelly. Crystals or cubes. Strawberry is my favorite. powdered drinks help displace taste from iodine crystals. loose tea works too.

breakfast--

porridge. Those little packets which you just add water to are nice and convenient. Muesli, although nicer, I always find to be eaten quickly. Add lots of margarine. to increase the fat content.

I have traveled with people who add chocolate pudding (or any other milk based pudding) to muesli. This can taste gross (avoid lime flavor) , but boosts the fat & calorie content heaps.

lunch--

I always take Ginger Snaps cookies or digestive biscuits for long trips (>4 days) and dispense with bread. If I do take bread, it's the rye (& heavy) variety. Wrapped in newspaper to extend it's "pack" life. Cheese, peanut butter, margarine. Small cans of tuna, pate, muscles, oysters etc.

dinner--

invariably, it's a combination pasta/dried veggi/dried potato combination with meat if possible. Add chili powder to it and anything tastes okay. Minute noodles.

Always bring Bisquick. It's wonderful stuff. Add margarine. to everything.

I'm not much of a cook when I go away, because I'm normally too exhausted to carry it and cook it.

engber@shorty.cs.wisc.edu (Mike Engber)

In article (744@blake.acs.washington.edu)

m466am@blake.acs.washington.edu

(Erostratus) writes:

- >1 or 2 ramen bricks
- >good sized handful of instant rice
- >1 packet cheese soup
- >whatever else is loose and rolling around the food bag

I like spiking the ramen with a can of tuna (large or small, water pack albacore in Liteweight (TM) aluminum can), raw egg (I usually stir it in, Japanese soups often leave it soft-boiled) or some summer squash or whatever sliced up. This can give it a remotely foodlike character. The can is actually very little extra weight, though Eugene may not want to drag it up the face of Half Dome... I like the price and unpretentiousness of food that can be bought at Safeway, not just the Karmic Mountaineering Institute. For the bread "food group", I have been unable to tire of Ak Mak "Armenian Cracker Bread". The label claims it is ultra nutritious, and it's light and VERY tasty. Reasonably priced and the best cracker I've ever tasted. Good with salami and Thalamic for a non-cooking lunch. As it is a cracker, it gets crumbly after time in the pack. pack, though. Also, I'll second the longevity of raw eggs. After a week on/off the trail, salami scrambled into fresh eggs and cheese are wonderful, life - style/diet permitting. I agree too, with the egg man: soft cheese for the start of the trip, hard cheese for later.

FROM: tomp@vicom.COM

Some of my favorites:

Breakfast--

The dehydrated eggs/omelets are pretty good. Adding a real egg to the dish improves the texture and taste considerably. Eggs are best carried in the cardboard containers which they come in from the store. Cut the container to the number of eggs needed for the trip and wrap it in a plastic bag in case of breakage. Place it in your pack near the top to avoid breakage, don't forget its there and sit on your pack when you take a break. Oatmeal is always good lightweight and sticks to your ribs. Ever had oatmeal with brandy in it for breakfast? 8 -) Spam, scallion & cheese omelets are good for a change of pace.

Lunches--

I like soup for lunch, it is lightweight and can be made thicker by adding more noodles, rice, etc.

Also those little cans of Underwood Deviled ham, chicken etc. (about 3 oz.) make a nice sandwich. I usually carry some type of rolls instead of bread as they stay fresher and you can just tie the bag to the outside of your pack to prevent crushing.

Dinners--

There are several types of rice/noodle dishes carried by grocery stores which are pre-flavored. Add a small can of chicken, tuna, beef etc. for additional flavoring if you desire.

(Or a fresh caught trout on the side) I don't particularly like the Freeze-dried Backpacking meals (with the exception of Mountain House Chili) ventilate the tent well after this to prevent spontaneous combustion in the middle of the night! :-)

General--

Trail mix is nice but gets boring real quick. I usually use it for snacks while on the trail. I like to mix my own making two or three different combinations for variety.

A touch of spice makes any dehydrated meal much better. Get those small plastic spice and condiment containers from your local store. I like to carry mustard, salt, pepper, lemon-pepper, butter etc. I carry some fresh garlic and/or shallots. I also like to carry fresh green peas or beans. Corn on the cob is an option but is rather bulky and heavy for the food value.

food from nature if you get into the right areas. DON'T EAT IT IF YOU CAN NOT POSITIVELY IDENTIFY IT, it might be OK, it might just give you stomach cramps or the shits, it could (rarely) kill you.

Carry 2-3 days of extra meals (freeze-dried this is only about 1&1/2 lbs) You will carry these back out 99% of the time. The other 1% makes it worth the extra bother however.

Tom Pohorsky

I was the cook on our Easter trip to the Finnish Lapland, so I can give some hints. These are for a group of three persons.

Each morning we would eat some oatmeal, bread with butter, wurst and cheese and tea. For oatmeal we used those "just add hot water" portion packages, two of those and then we would split a package fruit soup between us three (really not a soup, but "kiisseli", "thickened fruit juice" says my dictionary).

With wurst I mean that German sausage that looks like pepperoni, but is less spicy. It has plenty of taste and does not spoil very easily. For bread we had Finnish sour rye bread and hard rye bread, the former somewhat soft, the latter dried and hard. I don't know if you can find those in the States, most bread I have seen there is so full of chemicals and poisons, that even the bugs won't eat it.

This package of bread at my kitchen says that it is made of flour, yeast, water and salt. For lunch we would eat more bread and some "hot cup" instant soups. Just add some water. Once again easy and simple and I usually prefer a light lunch, when on route. I would usually eat an ordinary soup with some wurst added for taste and then a fruit soup as dessert.

We all three had thermos flasks that I would fill them up at the morning and so that we would not have to use the stove until evening.

After the days skiing we would then have a bigger meal. Before the trip I had dried one kg of ground beef. This was done by browning the meat in a skillet and then placing it in oven at 50 degrees for overnight. The meat shrunk to 300 g, but would be usable again with some water added. Great for stews and like. Less weight and does not spoil as easily.

Our first mail meal was the traditional Lapland reindeer stew. Our total group was eighteen strong, and we were staying on a lake (frozen, of course). So when we were digging tents in, one of our group "found" a package of frozen lingon berries (like blackberry, but red and very sour) on his pack. While he was very loudly wondering what ever use could he find for those berries, another member of our group found one kg of reindeer meat in his pack.

Now all I had to do was to fry the meat in a quarter kg butter and then let it stew for a quart, adding some salt and pepper, after which I made mashed potatoes in another kettle from water in the thermos and dried mashed potatoes. By that time our tent was up, too, and I served a perfect reindeer stew to my friends, complete with mashed potatoes and lingonberries.

The next night we were staying in one of those government cabins, which had a gas stove, so I made some spaghetti bolognese.

Nothing special to it, I had again a sauce mix, so I just added some water and spices and garlic and herbs, and made the spaghetti on the other burner.

Other dishes were an Italian stew right from package, with some dried ground beef, spices and macaroni added and dried beef with mashed potatoes. Latter one was very simple, put water and dried ground beef in a kettle, heat up, add mashed potatoes and spices.

In the last morning of the trip I made some Finnish thin pancakes, which we would the fill with a freeze-dried stew. Beats oatmeal for sure. Otherwise I stayed far of those freeze dried foods, which taste all the same. Of course they could be developed with some garlic and spices... Spices, really, take a lot of those. Salt, pepper, chili, oregano etc. And some garlic, too. That way most anything can be made edible.

Most of the time we could get water from the lakes, but once or twice we had to melt snow, which takes more time and fuel. We did not have to bother with filtering or boiling the water, since the water in Finland is mostly clean, especially so in Lapland, where we were close to the source, like twenty or fifty km from the start of the river.

When camping out, I would build a wind breaker from snow blocks to shelter my kitchen. This was not as good idea as it sounds like, since I had soon ten other people there, messing my kitchen. Us cooks don't like that too much.

As to Andy's original question, I would recommend some freeze dried meals, since the supply is much more plentiful in the USA than here. And then use a scale to weigh different things and make your mind up. Canned foods are not usually worth the extra weight, furthermore you have to carry the can back. Oh yes, remember to take an extra plastic bag or two to use as a trash bag. Personally I try to be very careful and not leave anything behind me.

Timo Kiravuo

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Stews: Lots of things can be had commercially, (like at REI) but you may want to pick something up and then supplement it with a large amount of regular Egg noodles. Anything works fine, just make sure that they are thin enough to cook quickly. You don't want to wait longer just to have Thick noodles.

Sandwiches: Forget anything in the traditional sense except for maybe the first day. Try a Cracker and Spread type of lunch. You can get it in the Supermarket also, but remember UNSALTED crackers, or you will make yourself miserable. Spreadables brand ham or chicken "Salad" works, but I hate the taste. Personally, I would go with the Cheese in a tube kinda stuff (Kraft makes some) or CheeseWhiz.

Other Lunches: Personally, I like a lunch of "trail mix" and Beef Jerky/ Beef Sticks (like generic Slim Jims) But whatever you get, make sure that you have a variety of stuff. There are a few books that you might want to try, including one about Backpacking foods that can be gotten in the Grocery store. Email me, and I will try to find it.

We regularly bake fresh bread on backpacking trips. Take wheat flower and yeast with you. Mix the yeast with some water and set in the sun. (i don't have the exact amount of water handy, but its the same as if you were baking bread at home). Let the yeast and water activate in the sun for a half hour and then knead with the wheat flour. Place flour in a pot roughly 2" larger in diameter; I mean place the dough in a pot 2" larger than the ball of dough Have a good set of coals burning. Find a flat rock roughly the same diameter as the pot, place it in the center of the fire, place the pot on top of the rock, cover the pot. The pot acts as an oven, and the flat rock keeps you from burning the bottom of the loaf. I forgot to mention to let the dough rise for 45 minutes to an hour. It sounds like a long process but it is well worth it and its very simple. Let the bread bake about 45 min to an hour, check it with a fork, eat it while its warm. MMMMMMMMMMM

-Pete

Go with as much powdered mix as possible, drinks etc.. As for the dry foods I prefer Mountain House and Alpine-air. Both are fast and easy to cook, just boil water. A lot of dried fruit comes in handy. Jerky is quick energy on the trail (I live on it !) and instant oatmeal is a high protein quick breakfast. One special treat I always take is a boxed spaghetti dinner (you know the cheap ones)It really hits the spot for dinner about three days into the trip, easy to fix, easy to clean-up. One last thing, I always carry a plastic jar of peanut butter to snack on.

FROM skywalker@dino.qci.bioch.bcm.tmc.edu

Some friends of mine had great luck carrying little other than beans, rice, and cheese. Believe it or not, they brought a pressure cooker. EMS used to carry special lightweight ones years ago, but I believe you can't find them any more. These folks just bought the lightest aluminum one they could find. Dried veggies and bouillon cubes might give you a bit more variety.

The cheese will mold, but it's not harmful (especially low-moisture cheeses like cheddar and swiss.) For sandwiches, get the densest whole -grain bread you can find (around NE the brand is Munzenmaier's) so it can't be crushed. It also keeps much better than ordinary bread.

Pasta is great; butter or margarine are problems but olive oil is not (and more healthful, to boot.) Romano and Parmesan are relatively imperishable.

FROM ritz@smaug.enet.dec.com

My wife and I never buy the expensive dehydrated foods sold in outdoor stores. Everything from the local supermarket. I think we eat better than most in the back country. We've carried 10-12 days worth.

Here are a couple ideas:

- 1) I dry my own hamburger. It's not too hard and the only equipment you need is an oven, cookie sheets, lots-o-newspaper & paper towels. We use the hamburger to make hamburger helper - there is a wide selection of types to choose from - my favorite is lasagna &my wife like oriental beef.
- 2) The Lipton (now Knorr) noodle dinners are quite good. Parmesan noodle & Fettuccine Alfredo are two favorites. Kraft Macaroni & cheese is also good.
- 3) There are various instant puddings, cheesecakes, chocolate mousses you'll see in the pudding section. Royal & Jello are two brands we've tried. They're all good. You can't really make the crust of the cheesecake so we just sprinkle the graham-cracker crumbs on top. Some of these things need milk. Dry milk is fine for cooking -you can't taste it. I hate it's taste otherwise.

4) For lunch we carry bagels, peanut butter, cheese, a big stick of pepperoni. Stuff like that. Crystal light is really light weight compared to cool-aid, but you don't get those sugar calories. The weight difference is so great - we go for it anyway.

I can't offer much help for breakfast. My wife eats oatmeal which I can't stand. I have Carnation instant breakfast drinks (at least it's over quick). Pancakes take too long, but there are plenty of dry mixes to choose from. Brown sugar dissolved in hot water will make a passable syrup. You'll need oil or margarine + spatula and pan to cook them with. If you're really weight conscious pancakes are out. One thing I've wanted to dry is dried eggs - like dorms serve. The problem is I don't know where to get them. Obviously the outdoor stores sell them, but I know that they're available to dorms, etc at much cheaper prices.

ME

From: engber@gumball.ils.nwu.edu

Pancakes are easy. Use almost any recipe you want. You can simply take the recipe and put all the dry stuff in a baggy. Use dry milk instead of liquid, and add that to the mixture also. Eggs can be a problem, if you want to use dry, they can be found, we always carried a few with us. When you want to cook the pancakes, add the eggs, and the correct amount of water into the baggy, close and mix. You have pancakes.

Falafel is another. You simply need any falafel mix. We bought in bulk, so we carried it in a baggy. Again, all it needs is water. Mix in the bag and cook. For a sauce, we used catsup and/or mustard.. from the little packets you find in fast food restaurants. There is a pan cornbread that I like a lot. The recipe is in Joy of Cooking. I've made it almost every time I've been on the trail. Wonderful.

All these recipes depend on your using some kind of oil. I've always taken a bottle of liquid margarine -- it keeps well. If you're going to be high enough in the mountains it might be cool at night, I suggest some instant hot chocolate of some kind.

Other stuff -- instant oatmeal. (It was great for the first couple of days, but went downhill rapidly in how much I liked it.) Of course peanut butter and jelly. If you like cheese, you can carry a hunk and use it for snacks or filler. The packaged instant foods(Lipton rices, for example) work very well.

We fixed beans to go with the corn bread. Carry them dry until the morning of the day before you intend to eat them. Then stick them in a water bottle, fill the bottle with water and carry for that day. Twenty-four hours later, the beans are ready to cook.

Sean L. Gilley
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Baking Bread, Making yogurt and Cheese in the Backcountry

A Dutch oven works great, always seems to get it done just right. But the cast pots weigh a lot; so I use a BakePacker. They are light and work most of the time. I often cook sourdough bread and pancakes from a culture I keep going. I also make yogurt, from a culture I keep going. Heat Milkman lowfat milk to boiling, allow to cool till warm, then add culture and put whole thing in a warm spot.

Add jam, vanilla, or chocolate syrup to flavor.

Quick Dinner Rolls

2 cup flour

1 cup milk

4 tablespoons mayonnaise

Preheat the oven to 350°F (175°C). grease muffin pan.

In a medium bowl, stir together the flour, milk, and mayonnaise. Spoon into the muffin cups. Bake for 15 minutes in the preheated oven, or until nicely puffed and browned, Makes about 12.

I've also tried making cheese, and it worked. Paneen cheese (Indian (asian)). 1 qt Milkman heated to boiling with 1 oz of Wylers lemonade, stir and cool. It clots. Pour into T-shirt or bandana and squeeze out fluid. It makes a reasonable Ricotta like cheese suitable for casseroles.

Robert Arnold

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Dehydrator Notes

I have found that if you transfer your dehydrated food into a freezer ziplock, this takes up much less space than the original packing.

The ziplock has a space you can write on as well. (I've found a Sharpie pen works the best.) This is where I note what the food is, how much water is needed and how long to cook. I can pack 3 meals in the space of one store bought package. Plus I can't stand to eat my food from a bag. One small pot works for all meals.

Jim Hartzel:-)

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04/09/97

Waxed eggs idea

This may sound a little stupid but would it be possible to wax an egg using wax spray?
Just my 2 cents....

Adam Porr

08/22/96

Assorted Vegetarian

Assorted mixed and mashed ideas, specifically earmarked "vegetarian" by the contributor. Please note, there are good vegi ideas in other sections of this book, notable,

IV. Dinners.

It is very easy to be a vegetarian in the backwoods. In fact, unless you are in a situation where food comes from hunting meat, meat is almost too much trouble to bother with. Beans and rice, the staples of my own semi-veg habits, are very compact and easy to carry.

If you have plenty of fuel (e.g. in a cabin or if you are in a place where firewood is not a problem), a good set of menu's can be planned around various kinds of beans and rice, with lots of spices, and a good lot of canned tomato paste to add flavor. Here are some bean and/or rice dishes.

- vegetarian chili (chili powder, kidney beans, onions fried in veg. oil, maybe some dried chili peppers. Serve over rice).
- Split pea soup. Dried split peas, thyme, onions, carrots (onions and carrots can be freeze-dried). Add some mustard.
- Lentil soup (like above, but with tomato paste and basil and oregano)
- Dhal (lentils and curry) serve over rice with yogurt if you have it. You can also take flour and make flat bread.

There are lots of other similar possibilities.

Also: **Pasta** in its infinite varieties. You can make a good pasta sauce with tomato paste and onions and oregano and the kind of tofu that comes entombed in a little foil box. (also the dried tofu available in oriental grocery stores) You can make nice pasta sauces using dried mushrooms as well.

Cous-cous grain is incredibly useful stuff. You don't cook it, just pour boiling water over it. You can have it for breakfast like porridge, or use it instead of rice (in fact, try veggie cous-cous, with carrots, raisins, garbanzos, allspice, onions as a sauce).

Also, you can get "quick -cooking" **polenta** (cornmeal porridge), such as used in Northern Italy. Use it in place of pasta.

.....All this is so much better than the usual freeze-dried glop. Some is more suitable for "fixed base" camping than backpacking, where time and fuel is a limitation. However, with a little effort, you may just bring back more "vegetarians" from the Cascades than you left with.

FROM rtp1@quads.uchicago.edu (raymond thomas pierrehumbert)

Below is the backpacking menu which I used during my six week hike. Rather than carrying preplanned, or packaged, meals, I prefer to carry the ingredients needed to make filling meals. This makes it easier to estimate how many calories are being consumed. The only pit fall is that some ingredients are added to boost up the calories, and you may need them in excess of your tastes. Thus, there might be a tendency to skip ingredients, leading to insufficient consumption of calories. I do not have any experience in cold weather camping, and I suspect that the diet below is grossly insufficient for that kind of hiking. One of you mentioned canoeing, and I wonder if canoeing falls into a similar category because of the high intensity of the sport and the cold water. You must judge. YOU MUST ALSO BE THE JUDGE OF THE APPROPRIATENESS OF THIS MENU FOR YOUR TRIP: I AM NOT AN EXPERT ON THESE MATTERS.

The diet below was designed to feed two people for a 6 day trip during summer at moderate backpacking exertion, i.e.: averaging 10miles per day, not 20 or 5. In practice, it lasted seven days, frequently. Constraints were that the ingredients must be common enough to find at small town stores because we replenished our supplies weekly by hiking down off the trail into town, and then back up (oh! the pain of those road walks with a full pack after being on soft trail with an empty bag!) This 6/7 day menu was repeated for six weeks. Finally, I only cook one meal per day, and then only on a stove. I will not use a fire for environmental reasons: the Appalachian trail receives so much use that it really can not support the use of campfires. Thus, this diet has minimal cooking.

Ingredients:

- 2 lb. pasta; (usually macaroni)
- 1 lb. drink mix; Kool-aid (intentionally adding sugar, for calories)
- 1lb. rice; (I used 20 minute rice, like Uncle Ben's)
- 1.5 lb dry milk; Again, calorie booster. I don't think I used as much as this, in practice. see note on taste, above
- 1 lb peanuts
- 1 lb sunflower seeds; In practice, these ended up as another pound of peanuts
- 12 oz Parmesan cheese; GREAT source of calories: light, & keeps well
- 1 lb peanut butter; another energy source
- 2 lb cheese; provolone seemed to keep best, others get soft and oily, but are ok
- 3 pkg soup mix; 1 box?, used to flavor rice

- 2 oz bullion cubes; (makes 16c.), in practice, I may have used soup mix, but I don't remember.
- 1 lb raisins
- 1 lb dried fruit; In practice, this was another lb of raisins
- 1 lb. crackers; vehicle for ingestion of peanut butter :-)
- 2 lb. bread; have fun packing this one. it does better than you would expect
- 1 lb. vegetables; usually carrots and celery. These don't pack much umph, but are necessary, for me
- 1 lb chocolate; m&m's, every time!
- 2 sticks margarine/butter; Essential: this is one of the calorie powerhouses
- 1/2 lb fresh fruit; add according to your strength and desire
- 2 lb. cereal; (granola, grape nuts), used to make gorp. carry more if you work harder, or are hungry. Sugary ones add calories, but are hard for me to swallow.
- 1 box pop tarts; these were added half way through the trip to beef up breakfast. They get smashed in your pack, but still are good. (NOTE: if you use a fire, don't make the mistake of thinking that foil wrappers burn. IT DOES NOT! Don't burn your trash: carry it out.)
- dehydrated vegetables; You can find them as Salad Greens next to the spice rack in most stores.

Using the Ingredients: The basic procedure is to eat constantly. Don't wait until you are hungry. For this, some of the cereal, peanuts, m&m's, raisins get together to make gorp. As the week proceeds, you will need to mixup more, but I like to keep the ingredients separate. Sometimes I will be sick of gorp, but the individual ingredients taste good. Beware of m&m wars with your hiking partner: they can get bloody! Other snacks are peanut butter on crackers, half a piece of fruit(split one with your friend), celery, or carrot. The fruit and vegetables must be rationed because they are so heavy.

Breakfast consisted of cereal w/ (reconstituted) milk, half a piece of fruit every other day (alternate w/ the fruit used for lunch or snacking. Thus, I had half a piece per day.), pop tart every other day, crackers with peanut butter, or bread w/ peanut butter. also gorp and cheese are ok.

Lunch was cheese on bread, Finnish the bottle of drink mix you started in the AM, crackers & peanut butter, gorp or its makings, fruit as described above. Vegetables, as described above. Peanut butter and jelly works, too.

Dinner: this is the time to use the margarine and milk powder to cram calories in. I had three meals which we used.

1.) Rice & veg. Cook up rice using soup mix for flavoring. Add dehydrated vegetables to the water. I tried to reserve some fresh vegetables for this, but did not always succeed. Add 1/3 stick of margarine or butter for the oil. Add dry milk, if you can. I think I used 1/2 lb of rice.

2.) Linguine al Fredo (backpacking style):

cook macaroni (2/3 lb). Use 1/2 cup water, 4 tbl dry milk, 1/3 cup margarine, 1 cup Parmesan to make a sauce. I carried oregano, pepper, salt, and basil for seasoning. To make: boil macaroni (if you're clever, you can add just enough water to get it cooked, plus 2 cups extra which can be used with bullion to make broth. I try very hard not to throw away boiled water: you carried it, and the stove fuel, so use it!) After macaroni comes to a strong boil, take it off of the stove, and put on a small pot (large Al cup is fine. Sierra cups don't work well, so I carry a larger one) and heat the water. melt margarine, and add milk. You will swap the two pots as you do this to keep the water in the macaroni pot hot enough to cook the macaroni. When both sauce and macaroni are ready, add seasonings to sauce, pour over macaroni, and dump on the Parmesan cheese. The result is *thick*, and has more calories than anything you'll find in an instant pouch.

3.) Potatoes: I did not list this in the ingredients because it's not on my list, but I do remember doing this once or twice, probably when I was tired of rice, and macaroni. Just make instant potatoes, but beef them up with the standard 1/3 stick of margarine, dry milk, and Parmesan cheese. some fresh cheese is good too.

NOTES: I remember eating more than the meals above, but I can't remember what. Just be creative. If you are hiking hard enough to worry about the calories, you will eat anything. One hiker we met described dinner succinctly: eat until you're ready to gag. It's hard to get the calories down. The first day pack can be loaded with all sorts of good stuff: extra vegetables, fruit, muffins, etc. I hiked with a group that had a simple rule: someone had to carry the pineapple. Etiquette required that the pineapple be eaten mid-trip. Sooner was a cop-out, later cruel. Melons can be substituted.

I hope some of this is useful for you. It's been 5 years since my last serious trip (grad school), and I have forgotten much of what I did. Please let me know if you have improvements to the diet. The fats should be switched over to carbohydrates, where possible, but it is very hard to ingest that much food.

One final note, which should be something you already know. You should scald your pots with boiling water BEFORE using them. Scalding them when washing is a waste of time: they just go into your dirty pack. As a duty to the people that taught me how to hike, I must include the admonition to never wash your pots or selves in a stream: carry the water well away from the stream, or you will pollute the stream. Take only pictures, leave only footprints. If you can, don't even leave the footprints.

FROM efrank@upenn5.hep.upenn.edu

Firstly the generic 'stew' is the standard fare for us. We tend to eat vegetarian on hikes, reduces spoilage problems. Besides, this is an Australian talking so it can be bloody hot and meat, even precooked and preserved, is a dangerous substance after 9 days in a hot pack! The freeze-dried prefab meals, prevalent in this country, are too expensive at home so we only carry one of those for emergencies.

Our staples will hence consist of:

- red lentils
- rice (brown or white depending on how much of a hurry you're in to eat)
- black-eyed peas
- bulgar wheat (the densest dried food ever invented)
- macaroni or shell noodles
- cous-cous(sp?)
- maybe green lentils too if the trip's long enough.
- fresh vegetables. This was the innovation which made long trips more bearable. The choices are limited of course, carrots, potatoes, ONIONS, garlic, also carry nuts, maybe caraway seeds, sesame, croutons, ... Also a piece of fresh ginger, vital. Carry dried vegetables, the fresh ones are for taste, these probably provide the dietary balance, dried peas, carrots etc. Also dried Chinese mushrooms (or are they Japanese, shatake mushrooms I think they're called).

What else?? A bewildering array of spices. The cases from old 35mm film make great spice jars. Dried tomato powder or even dried tomatoes are a must too. As you can gather, the meals have an eastern flavor. Also carry dried packet soups, these are the appetizer.

Utensils: two pots and maybe some heavy gauge foil, a sharp pocket knife.

Ok some specifics:

Pilaf: chop one onion fairly roughly and cut carrots into sticks. Add cumin seeds (whole) to the bottom of a hottish billy with melted butter (preferably margarine it saves you carrying oil). When they start popping add onion and chopped garlic (I didn't mention chopping garlic did I, remind me never to write a cookbook). Maybe some finely chopped ginger too. Now chop some nuts add them and fry for a minute or so. Add bulgar wheat. If you're ambitious you can fry this for a few seconds too but over a fire it's a great way of burning your meal (he remembers ruefully). Add water, this is the tricky part, you don't want to drain the meal at the end so you should add too little rather than too much, this will require watching though. You may want a touch of chili here too and one of your packets of dried vegetables. Cook until the wheat absorbs enough water (not long fortunately). Serve and garnish with raw carrot.

Another is a **dahl**: again fry some cumin, preferably ground this time but it doesn't really matter. This time chop the onion as finely as you can be bothered (the real recipe calls for onion paste). The main spice here is garum massala (sp again) which is a mixture of cumin, coriander, cardamom and, hmm, was it nutmeg? Also add some cayenne or chili.

Fry this with the ubiquitous onion and garlic, for longer this time. Then add cubed potato, red lentils, rice and a biggish supply of tomato powder and maybe a dried tomato to remind you what it should taste like. This one can take half an hour to cook with the lid on and with constant vigilance. Near the end add some lemon juice (did I mention the lemon?)

Ok general format: we always carry two pots, largish and smallish. It goes as follows: when we arrive, soak soup, our favorite brand (forgotten what the equivalent is in this country) requires soaking. This is for the small billy. As soon as the tent is up and it's a decent hour, cook soup and eat immediately. Feel two orders of magnitude better. Prepare meal in the big billy. Meanwhile: rinse small billy well and soak dried fruit in hot water with some spice or sugar or lemon or all 3. This is a great dessert, reconstituted dried fruit is something I'll even eat at home! As soon as the main meal is finished, fill large billy with water or maybe rinse immediately and heat water for post-meal coffee (or, if you're civilized, tea8-). Eat dessert followed by tea and chocolate. Notes: 1) never be ashamed of a three course meal on a hike! 2) the interleaving of billy access. 3) all this goes out the window if lots of water is hard to come by, hence fresh vegetables and dried fruit, you've got no idea how good a carrot can taste under those circumstances.

Ah yes, why the foil. Well I think there are lots of equivalents to this recipe, the Australian version is called damper. Mix up plain flour and water into a sort of library paste. Add dried fruit. Wrap AND SEAL in foil. Bury it at bottom of fire for about half an hour. Extract cooked fruit bread from foil. The outside will probably be burned, but unless something's gone awry that can just be committed to the flames and the rest enjoyed.

Hope this helps

Peter Rayner

pjdr@cgdisis.cgd.ucar.EDU (Peter Rayner)

p.s. probably the longest e-mail ever written!

p.p.s. soaking the black eyed peas? add them to boiling water, either the night before or over breakfast. Let them cool as much as you can then drain them and add moist beans to a plastic bag. Put back in billy which should be carried in another bag or so of course. Then they'll soak during the day. Someone I know had a more elaborate version of this where they carried a billy with water inside an insulating jacket. They literally cooked their beans on the fly!

Subject: summary of vegetarian camping food

Finally, here is a summary of the vast amounts of mail I received regarding vegetarian camping food. I was so happy to see that there are so many thoughtful and helpful netters out there! I tried to respond to everyone personally, but some mail bounced and I

may have missed some people. You all gave me wonderful suggestions and I am a lot less apprehensive about the trip now.

Anyway....

*****GENERAL ADVICE*****

Most people agreed that carrying meat into the backcountry is more trouble than it is worth, due to preservation/freshness problems. And everyone showed me that vegetarian food is very easy to come by while camping. Most meat-eaters also stated that they are more than happy to skip the meat while camping.

One important consideration is fuel. Beans and rice are staples of many vegetarian meals, but if they need to cook for a long time they can be fuel-consuming. Choose instant rice and beans that cook quickly (i.e. lentils).

BRING YOUR FAVORITE SPICES!! Curry powder, oregano, garlic powder, thyme, basil....everyone seemed to agree that good spices can make or break a meal and add infinite variety to a menu. Many people recommended premixing your meals at home, and bringing them in Ziploc bags to be cooked in the backcountry, which seems to eliminate things such as measuring cups, etc. Also, many people suggest using pre-made mixes such as humus mix and tabbouleh mix. Although I generally avoid these at home, they seem to have a lot of merits in the backcountry when conditions are a bit more primitive.

Don't forget to soak beans overnight! This will cut down on cooking time. Someone suggested soaking them while you hike, by keeping lentils in a Nalgene bottle, filling it with water, and carrying it in your pack. Many people said that one-pot meals are the best--rice, lentils, dried veggies, spices, curry powder, salt, etc. Someone recommended rice: lentils in a 4:1 ratio. Butter and cheese add flavor.

*****KITCHEN PHILOSOPHIES*****

With a majority of meat-eaters, the actual running of the kitchen can be a tricky situation. Most people thought that the best philosophy for the lone vegetarian is to be low-key about eating habits, and for the meat-eaters to be thoughtful and accepting of others' eating habits. Vegetarians should take an active role in cooking to make sure there is some food they can eat. Vegetarians should also consider bringing some of their own supplies, if possible, "just in case." Communal kitchens: a situation where cooking is shared and people eat family style. Vegetarians should take an active part in the cooking to make sure that they will have something to eat. A good strategy is for vegetarians to do the cooking once every few nights, and the eat leftovers for the meals in between. 'fend-for-yourself' kitchen: vegetarians should bond together or with sympathetic friends to share cooking if others want to eat meat.

*****FOOD IDEAS*****

- 1) vegetarian chili: chili powder, kidney beans, fried onions, chili peppers.
- 2) split pea soup: dried split peas, thyme, onions, carrots, mustard.
- 3) lentil soup: lentils, onions, carrots, celery, tomatoes, your favorite spices.
- 4) cous-cous!! many people suggested this grain. It doesn't need to be cooked, just soak for a few minutes in hot water. Add raisins and cinnamon for an oatmeal substitute, or cheese and pepper for grits substitute. Or add spices, or serve under stew or lentils, or...
- 5) pasta in general: look for types that cook quickly (look for thin spaghetti instead of the usual kind). Sauces can be carried in or made very easily with tomato sauce, mushrooms, onion, garlic, oregano.
- 6) humus: several people recommended the Fantastic Food brand instant humus. You can just add water, and some lemon juice if you have some.
- 7) tabouleh from a mix--add water, oil, and tomatoes. I personally often make tabouleh from a mix that I absolutely love, but I can't remember the brand name right now...
- 8) bring flavoring bases such as tomato powder, tamari, mushroom soup mix, and Knorr vegetable bouillon to complement your spices. Nuts and seeds add texture and variety.
- 9) little packages of brie and Camembert make good trail treats.
- 10) granola: a staple for everyone! someone suggested mixing it with powdered milk and carrying it in a wide-mouth Nalgene bottle. Just add water!
- 11) Many people suggested carrying cheese, which survives well without refrigeration. Someone found that cheesecloth preserves the cheese better than plastic bags.
- 12) Canned fruit makes a good evening treat or dessert.
- 13) Instant rice can be used as a side dish or can be made into a pilaf with your lentils, spices, bullion, etc.
- 14) barley and bulghar wheat (one of my favorites) are also quick-cookers and can be served under stew, beans, etc. Or can be jazzed up with spices and served as a side dish.
- 15) add dumplings to any soup
- 16) ramen noodles are light and easily cooked--just check the "spice packet" for meat products. You can always substitute bullion for the spice packet.
- 17) potato stew--pancakes--omelets--macaroni and cheese--pasta salad.
- 18) Radhika's favorite lunch pack: tomatoes, onion, cucumbers, pita bread, bottled jalapenos, and instant humus. Make a paste with the humus and water, spread in the pita, add other sliced ingredients, and wrap sandwich for lunch on the trail....yum!
- 19) sweet potatoes wrapped in foil on a fire cook well.
- 20) hot dog substitute: someone suggested white wave soy foods' 'meatless healthy franks' so you aren't left out and lonesome when everyone else is roasting Mystery Meat over the campfire.
- 21) boy scout/ hobo dinner: wrap chopped potatoes, onions, carrots, etc. in cabbage leaves and then wrap the whole thing in foil. Make sure you season with spices and a bit of water for moisture.
Use your judgment for cooking time, and beware of the steam when opening the foil.
- 22) peanut butter cookies--high energy fruit bars--fruit leather--fruit-nut rolls--potato-cheese soup (all from [gorp, glop, and glue stew cookbook](#))

- 23) fruit that lasts, such as grapefruit and cantaloupe (too bad I'm allergic to all melons = ()
- 24) several people suggested using TVP (Textured vegetable protein) and adding it to rice, stews, etc for more texture and extra protein.
- 25) Vegetarian manicotti: stuff shells with spicy refried beans, cover with enchilada sauce (or spiced up tomato sauce), and cheese.
- 26) fried potatoes with dill and carrots: curry, lemon, and cayenne; carrots and canned tomatoes and chili powder.
- 27) cheese and peanut butter on bagels
- 28) dried cheese tortellini can be cooked enmass with a good tomato sauce, with onions, basil, Parmesan cheese.
- 29) clarified butter from Indian grocery stores travels well and is tasty in small quantities.

I've tried various homemade preparations for dried beef and utilized this in grocery store bought dried sauce preparations like spaghetti sauce, stroganoff.

One of the more interesting things I've tried is drying pureed squash paste in the oven so it's like a fruit roll. Out on the trail I mix this with some instant noodles and stock and curry.

It looks like lichen but it tastes great! This is a variation of a soup I make at home. Another great thing for the first day or two out was to make Quesadillas. I dried a bean paste at home. Out on the trail I reconstituted it, spread it between two flour tortillas, stuffed in a little cheese and browned the tortillas on each side. It doesn't take as much time as pasta so it saves fuel. The only thing is that you have to make them in the first few days while you still have cheese and mold-free tortillas. If you really want to spoil yourself take along a small can of salsa.

One last thing that worked nicely on a ten day trip was to take along a small can of minced clams and a couple of cloves of garlic, some dried milk, flour, noodles, and salt and pepper. We put up with the extra weight of the can so that we could have a nice meal on the last night out. Spaghetti with white sauce with clams and garlic. It was worth the weight! A six and a half ounce can of clams and 1/2# of noodles fed two hungry women easily.

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The following is compiled from journal notes, written while I backpacked, telemarked skied, off-trail hiked, basecamped, and climbed 14,000 ft mountains for a month in Colorado. I'll try to stick to the following outline:

- i. General Food Planning
- ii. What we brought (complete food list)

- iii. Using the stuff for different meals and GORP
- iv. Discussion of baking and how to with various stoves
- v. How much to bring and our costs
- vi. Cooking routines and clean-up
- vii. Conclusions

i. When planning food for a trip, I think the most important decision one has to make was whether to menu or bulk ration. Menu rationing is determining at home, when you buy food, *on Tuesday, we'll have x for breakfast, y for lunch, and z for dinner*, then packaging with appropriate labels: Tues Lunch, etc.. Bulk food rationing just refers to bringing various amounts (usually by weight) of staples and packaging each ingredient individually. You then bust out all your food at camp, and mix/measure to fill the recipe you desire to cook on that particular day. I think menu planning works great for short trips, but there was no way, at home in Ithaca, NY, that we could predict what we would feel like/want/need on day 22 of our trip in Colorado. For that matter, we didn't even know **where** we would be on that day! So we used bulk rationing for the trip, and that is what I'll further describe (of course, that doesn't preclude menuraters from preplanning dishes we ended up making--just prepackage the ingredients we used for specific recipes!).

I'd also like to say that the National Outdoor Leadership school solely uses bulk rationing for their 21+ day-long trips; in the mountains, we used their [NOLS Cookery](#) recipe book to give us ideas on what to do. For the most part, we used the recipe-pamphlet as a jumping-off point. Without it, it can be very disconcerting to have 50 different food items in front of your face and you are wondering, where do I start? Also, at the end of our trip, when, one morning we had only oatmeal, cornmeal, a little powdered milk, and vanilla extract left, the Cookery proved very useful at showing us how to throw these ingredients together.

If you are fretting about filling recipes in the backcountry with *cup*, *tsp*, and *tbsp*, etc. measurements, don't fret to much: just use what you have available. For example, my mug is 1.5 cups, my spoon is between a tsp and a tbsp--approximate. Also, imho, any recipe that needs precise ratios of ingredients to come out palatable is not a very good recipe (for backpacking, where it is hard to get exact measurements), so it probably didn't work well, and thus we didn't include it. Also, most of backcountry cooking revolves around substitution and improvisation (using the recipe, to well, guide you), so I wouldn't be too concerned about filling recipes down to the letter. Finally, if you don't like the way something turned out, try using the spices you brought along to turn it into something you do like.

ii. That said, you're probably itching to find out what we actually brought: so here goes a long list (and remember, variety is very important for the taste buds):

- White Flour

- Whole Wheat Flour
- bran
- brown sugar
- baking powder
- dried vegi bits
- Tahini (pressed sunflower oil)
- orange drink mix
- grape drink mix
- vegetarian soup base
- instant Hot Chocolate
- yogurt balls, both raisen and malt covered
- instant stuffing
- [Dried Black Beans](#)
- margarine (housed in the plastic container in which we bought it)
- powdered milk
- cornmeal
- dried lentils
- soy grits (dry)
- cinnamon
- instant mashed potatoes
- instant pudding: chocolate and pinacolata flavors
- Pasta (in Lasagna, Mac, Spaghetti, and artichoke-noodle forms)
- Instant Rice
- Cheese (Parmesan, cheddar, and Monterrey jack)
- carrots
- refried beans (taken from a can, put in a Ziploc)
- instant cream of wheat (actually, we sometimes had Grits instead)
- instant oatmeal (plain, rather than the more expensive, pre- flavored packets)
- granola
- Bulgar
- oil (stored in a jar)
- peanut butter (the chunky kind)
- cous-cous
- chocolate chips
- tomato based soup mix
- Teriyaki based spice mix
- chili spice mix
- pitas
- 7 grain bread
- multi-grain (hot) cereal
- vanilla extract
- [Logan Bread](#)
- pretzels, salted and unsalted

- peanuts
- raisins
- dried fruit (prunes, banana dates, pineapple, apricots, apples, pears)
- Cheerios
- corn flakes
- toffy-covered peanuts
- sunflower seeds
- cheddar cheese-its
- sesame sticks
- walnuts
- carob chips
- gummy worms
- spices: cinnamon, garlic powder, salt, curry, paprika, sage, rosemary, black pepper, garlic salt, chili powder, marjoram
- tortillas
- instant hummus mix

all ingredients (except margarine, peanut butter, tahini, and vanilla extract) were packaged by putting the item into a plastic BULK Food bag that you find in the supermarket. We closed the bags by tying loose overhand or slip knots in the plastic. For some items we used two bags; if a bag developed a hole, we just put the holy bag into another bag, and tied the knot. I'm against using the twist-tie thingies they have in supermarkets because I inevitably lose them and the wilderness doesn't need more metal trash. Also, the twist-ties do not seem to seal water tight.

iii. Using the stuff:

my GORP: pretzels, peanuts, raisins, dried prunes, pineapple, apricots, apples, pears, chocolate chips, Cheerios, cornflakes, toffy covered peanuts, sunflower seeds, granola (blueberry and strawberry kind), yogurt covered raisins, Moth Balls (the yogurt covered malts), chopped dates, dried banana, cheddar cheese-it, sesame sticks, walnuts, yogurt covered almonds, and carob chips all went in. You can tell I like variety; that's the best way to do it! I'd also suggest saving, individually, about 1/3 of the total (original) amounts of GORP ingredients and NOT mix them into your GORP. I found that I also like to snack on the individual ingredients by themselves. Also, most of the ingredients lend nicely as garnishes/additions to other main-course dishes, so it was nice to save some for that variety/capability. I carried the gummy stuff with my gorp, but didn't put them into the big bag--worms and nuts and grains just do not mix imho. My partner thought that the gummy connection was the only way to go. Each to his/her own. Putting my spoon in the GORP bag during the day also made for efficient eating. As I am a normally messy person, small gorp bits (granola, eg) generally fall to the ground, creating a mess + high impact. The spoon cut down on the this. I didn't always use the spoon though; sometimes I was just in the mood to "GORP sift" and pull out special favored ingredients like apricots and toffy covered peanuts. Oh well. The one rule of GORP I made up two years ago is: there must be over 20 ingredients in the bag, several of whose identity you

don't know. Mystery GORP. In Colorado, I accomplished by throwing breakfast and dinner leftovers into the bag.

On another trip I went on last winter, we had extra, uncooked, apple spiced oatmeal. After putting that into the gorp bag, my gorp had a very strong taste for the rest of the trip. I'm not quite sure I would do that again.

BREAKFAST: We used the baking stuff (flours, baking powder, etc.) to make pancakes on several days when we were base-camping and had time; we actually made a pretty good syrup out of melted margarine and brown sugar. Putting gorp items like dried fruit, chocolate chips, or the orange drink mix made for cool pancakes. For get-out-of-camp fast days, instant Oatmeal was good (I like it a lot, and even eat it at home often), but for those who hate Oatmeal and desire alternatives, cous-cous and granola are just as good. Cous-cous is awesome! and doesn't have that stick-to-your ribs feel that many people detest in oatmeal. Granola (if you like it without milk, dry, as I do) does not even necessitate heating water. The 7-grain cereal requires about 5 minutes to cook, so it is not quite as fast, but it is sure good. The instant mashed potatoes worked good one morning, as did the cream of wheat. The cream of wheat (aka grits) take about 5 minutes to cook in boiling water, whereas you can just add boiling water over the instant potatoes. Of course all these carbohydrate-loaded grains would get tiresome by themselves; the brown sugar, margarine, cinnamon, dried fruit, chocolate chips, and powdered milk were handy "spices" to add. This gave lots of possible combinations and hence, vary different meals. You could also add honey, but I have not figured out an un-messy way to carry it. When I do...

For variety we also made **oatmeal hotcakes**. The night before, we added powdered milk, cinnamon, and the oatmeal together, poured some water over, to get a slight mush, mashed the oatmeal flat (kind of like kneading), then let it sit in a tupperware container (my partner's eating dish) while we slept. In the morning, we shaped the oatmeal dough-stuff into cakes, fried them on both sides for approx 2-3 minutes, then served them with a chocolate syrup. We made the syrup simply by adding 1/2 handful of chocolate chips to melted margarine in the pan, and stirring until it was a thick melted liquid. The cakes were exquisite and in no way resembled oatmeal's texture. This was probably our best breakfast the entire trip!

LUNCHES were the breads (pita, tortillas, even the loaf bread) coupled with cheese, peanut butter and/or tahini. Tahini is rather bland tasting, so if you do bring it, you'll probably want to eat it in conjunction with another spreadable, or the hummus. Dried hummus is pretty expensive (>\$3/lbs) so we had it only for one day. Oh, since the tahini is kinda liquidy/pasty, we carried that in a small Tupperware container too. We probably could have had more variety here, but I never seemed to get tired of the cheese or peanut butter.

At home, before we left, I also baked some **Logan Bread**. This is some of the densest, most tasty, long-lasting bread I've ever had. A fist sized morsel, coupled with a hunk of cheese, is a very filling lunch! A friend of mine took this bread on his Mt. Denali expedition; on our trip, the bread kept for well over a month's time after baking. We actually munched the last of it as we sat on the hood of our car near Maroon Lake, looking at the Maroon Bells which we climbed by the center coloir earlier that week. We took 7 lbs of Logan bread and that yielded (for two people) between 8-9 lunches. Recipe Variations appear in [Gorp, Glop, and Glue Stew](#) with some neat stories (it g ot the name *Logan* because a team survived on this bread for several days when making the first assent of Mt. Logan).

The basic recipe is:

- 2-3 cups honey + molasses
- 4 eggs (optional, include if you want to boost fat content; if you exclude, substitute 1 tbsp cornstarch + 2 tbsp water to make paste per egg omitted)
- 2 cups vegetable oil
- 1 cup melted butter or margarine
- 10-15 cups flour stuffs (any combination of white, whole wheat, cornmeal, soy flour, etc.)
- dried fruit
- nuts
- 2 cups brown sugar
- 2 tsp salt
- 3 cups milk

Mix all liquid ingredients and eggs (or water and cornstarch if you are not using eggs). Then mix in dry ingredients. If batter is to wet (runny) add more flour stuffs until batter is thick and sticks together very well. Alternatively, if all the dry ingredients do not mix in, add more liquids, specifically milk and honey.

Once you have a very thick, tough to stir batter, pour (or rather push) it into greased baking pans, and bake in an oven at 150-200oF for 1-2 hours. The idea is to dry the bread out and to get rid of all the moisture, leaving a dense, hardly-risen bread. It is done when a toothpick or fork, upon insertion, comes out clean. This is usually just before the bread starts to really burn. (The corners may burn first, but don't worry about them--you can just trim them off--let the bread bake some more). The recipe should yield between 4-5 lbs bread. I made 1.5x the recipe for our trip.

The taste of the Logan bread improves with cooling and two days standing. Also, for the nuts and fruits, you can really add anything you want: try some nutmeg, cloves, and cinnamon spices, chopped apples, vegis (carrots, green peppers), etc. Be creative. Since we didn't have any dried fruit or nuts in the house when I made the bread, I substituted corn, orange marmalade, strawberry jelly, and chocolate chips. The bread had

wonderful, distinctive texture + jelly taste, but without the water content of the jelly. Logan bread was a lunch-savor on our trip.

DINNERS: Primarily revolved around our staples: rice, pasta, beans, Bulgar, cous-cous. Our numerous spices and spice-mixs made for good variation. We never had the same thing twice, except when we liked something so much that we wanted it again: like the Left Over Lentil Casserole. Adding sliced cheese to your bowl and letting it melt into the warm food always tastes great. Same goes for the margarine. Besides the ready-made sauces (Chili, teriyaki, etc.), we also used the bulk supplies to make our own sauces:

A White Sauce can be had by combining flour, powdered milk, black pepper, salt, and 1/4-1/2 cup boiling water. a **Gado-gado Thai sauce** can also be had by, in a fry-pan, melting margarine (or using oil), frying some sunflower seeds, then adding soy sauce (or substitute vegi soup base), peanut butter, brown sugar dissolved in a little water, and garlic; then heat gingerly, so peanut butter mixture does not burn. Either of these sauces go great over rice/pasta, while the white is particularly tasty in casseroles.

Particular dinners that were special hits included:

Field-Made Corn Tortillas stuffed with Spanish Rice

One night after we had eaten all the store -bought flour tortillas for lunch, we had lots of remaining cornmeal, and we were getting sick of making polenta (to 2 cups boiling water, add 1 cup cornmeal, 1/2 cup dried milk; stir vigorously until mixture becomes thick and batter pulls away from side of pan), so I decided to make corn tortillas. In a bowl, mix 2 cups cornmeal, 1/2 cup flour, 1 tsp salt, and 1/2-->1 cup water: enough to make a thick dough. Roll the dough with your hands and add more flour until it is no longer super sticky.

Shape into a ball and let sit, covered, for 5 -10 minutes. Then, in an ungreased fry pan, take a thumb and index-finger sized ball of dough and flatten into pan with your hand or spatula and add enough dough to make it tortilla sized. Flatten thin! Fry on both sides till it is golden brown, then set aside the tortilla. Repeat flatten-and-fry procedure until all cornmeal dough is gone. You should get 10 or so tortillas. After making the tortillas, bring a pot of water to boil, add instant rice, add chili spice packet (or season to the like), instant vegis + soy grits + beans and stir for several minutes. Chop cheese to fingernail sized morsels, and then serve Spanish rice and cheese inside tortillas. Enjoy.

Leftover Lental Casserole with Stuffing Topping and White Sauce

This became our traditional last night before resupply meal: it adapts so well to whatever is left in the food bag! The stuffing is seasoned in an exquisite kind of way that you just can't obtain with the spices we carried. Stuffing is also good by itself, as an appetizer course. There are four basic components which combine to eventually make the one pot casserole:

Carbohydrate (rice, Bulgar, cous-cous, pasta broken into fingernail sized bits, etc.); white sauce; Instant stuffing topping; garnishes.

In your biggest pot, bring water to boil, and add your carbohydrate form and any remaining garnishes (sunflower seeds, peanuts, walnuts, dried fruit, soy grits, dried vegis, vegi base, etc.). If your carbo is not instant (i.e.: takes 5 minutes to cook or so) let the water boil off till the pot has mostly solid carbohydrate. While the excess water is boiling off, extract the water necessary to make the [White Sauce](#) in a side dish. Extract more boiling water to make instant stuffing mix in separate side dish (ignore the cooking instructions on the package and just add the required amount of water to the stuffing-crouton mix, and whisk-stir a few times). About now, all the water should be almost boiled off of the carbohydrate. If the carbohydrate is cooked either let the excess water boil off or drain into someone's dish for a soup appetizer. Turn off heat. Stir the white sauce (and cheese too, if you have extra) into the carbogarnish casserole or just leave as a layer on top. Top the casserole with the instant stuffing and serve. A note of caution: while you are letting the water boil off the carbo, you need to stir it often to prevent it from burning, particularly if your stove does not simmer well.

The first week in Colorado, I thought I had bought croutons by mistake instead of stuffing (I never use the instant stuff at home). So we never added water to the "croutons", and just put them into our dishes raw. That provided an interesting bread-crunch which is not easily obtained when backpacking with the kinds of food we had. This is definitely another way to use the instant stuffing (or alternatively, you could just bring in croutons!)

TREATS: Sometimes we didn't cook enough for dinner and wanted something special for deserts. Adding milk powder to instant pudding worked splendid (pour milk powder into your cup, add just enough water to get milk to dissolve, then add pudding powder; finally add enough water to dilute pudding to the consistency you like), but making **instant fudge brownies** was a treat. We were too impatient/lazy to bake, so we just made the batter and ate it as fudge. It was superb, supper tasty, very rich, extremely filling and filled all of our chocolate cravings for several days. Looking back on our Fudge overdose, though, I'd only recommend it for the severely famished, intensely deprived, or beyond-help chocolate addicted freaks (much like myself).

We also made a few no-bake cookie recipes which are in the NOLS Cookery. The *Eskimo Cookies* had lots of margarine and were very rich and definitely only for the truly hard-core (brown sugar, margarine lovers).

Oh one other desert: **Rice pudding**.

We had some extra rice one night, so I made desert out of it too. To cooked rice (preferable brown) add:

- 1/2 cup dried milk
- 1 cup water

- 1 tsp cinnamon
- 1 tsp vanilla extract
- 1/3 cup margarine
- 1/2 to 1 cup brown sugar
- dried fruit of choice

The mixture should be more than slightly liquidly. You might want to make the milk (powder milk + water) first, then add it to the rice.

Stir in the rest of the ingredients, heat mixture until it thickens and then serve it as a filling desert pudding.

iv. Baking. Since a lot of our food weight was in flour and cornmeal, the only way to gain access to this stuff is by baking. Baking in the backcountry can be fun, rewarding, and very satisfying. I say *can*, because on our Colorado trip it wasn't--the first few times we tried. On other trips, besides pancakes, etc., I've had yeast-risen pizzas, pineapple upside-down cakes, spinach-mushroom lasagnas, etc.. It all depends on your stove/fire. The basic baking method is make the dough, put it into your pot with lid on top (now you have an oven) and put over a simmering stove or fire. If you want to be super-crafty, you can add a second heat source to the top--a very small fire. Basically, let bake for 20 minutes and try to catch it before it burns. You can significantly reduce burnage by not letting the dough touch the top of the oven--the lid. You should rotate the pot as necessary to make sure heat is supplied to all parts. Anyway, the problem in Colorado was that my stove (MSR international) has only two settings: Off and Blowtorch; it doesn't simmer.

So the two breads we tried to bake just ended up getting burned. I've successively baked with Peak I, Optimus, and Primus stoves, which all (surprise) have simmer modes. None of the MSR stoves (Wisperlite, etc.) that I have seen, do very well for baking.

So after the burned disasters, we just resorted to making the dough and eating it raw--a good substitute. For pan baking (Pancakes, corn tortillas, oatmeal hotcakes, polenta), we just had to be very careful with the spatula, the gas control, and holding the pan several inches above the flame. With any baking you can substitute ready made stuff (Bisquick, Aunt Jamima, etc.) for the raw flour, etc. to get good dough. But if you are planning to make batters from scratch, make sure you bring baking powder, as this is the leavening/risen agent. Yeast breads are also possible, but take considerably more time (2+ hours). I'll only cook using beastly yeasties if I'm camping in a big group (7+), so that my ego can get sufficient praise for the work/time I invest in making the bread after I serve everyone the baked bread, fresh and light. With these baking notes down, you can really make any "quick" (baking powder risen) bread recipe you find in an ordinary recipe book.

Bannana-chip, raisin, nut breads will probably work best, since those are ingredients you'll probably already have with you. You can substitute powdered milk and appropriate amount of water for liquid milk, and brown sugar stirred into melted

margarine for honey. Also, if you're camping at altitudes greater than 6000-7000 feet, use about 2x the amount of baking powder the recipe suggests (unless you like your bread in brick form). Oh, one other thing. Since eggs are not very backpack-able, if your recipe calls for egg, you can substitute egg powder, or use a very packable vegan substitution a housemate told me about: use 1 tablespoon corn starch stirred into 2 tablespoons water to make a paste for every egg called for. This should give the batter the same stick-together, binding power that the egg would otherwise provide. Also, if you are menu-planning, at home, combine all the dry ingredients (except corn starch) and throw into a Ziploc. Another egg substitute is one banana, very mushy. Which, if you peel the banana, seal in a Ziploc, then through in you pack for a few days, it what you should get upon retrieval:)

V. How much to bring and Costs. I didn't include weight amounts in the "What we brought" list because this varied across our resupplies. We aimed for an *overall consistent* weight. That is, across resupplies, our total food weight remained constant. We resupplied every 10 days, and when we carried 2.0 lbs/person-day we were sufficiently fed (energy wise), but I always had the feeling that I was slightly hungry and could eat more; when we upped it to 2.5 lbs/person-day, we had way more food than needed and I felt sickly over-stuffed on several occasions after dinner meals. So for the two of us, we just made sure to take $(10 \text{ days}) * (2 \text{ people}) * 2.0\text{-}2.5 \text{ lbs food/person-day} = 40\text{-}45 \text{ food lbs}$ back into the backcountry when we came out for resupply.

Please keep in mind that food needs vary with body-physique and setting. My partner and I are both 20 year old males, so we probably eat significantly more than the average person. We were also at high elevation (11,000+ for the whole month) and doing very physical stuff: hiking 3000+ vertical each day and skiing/bushwacking, which are a lot more taxing than trail hiking. Also, it generally froze at night, which means we burned more calories staying warm, so that probably increased our appetites too. I don't have the conversions for other activities (e.g.: summer, on trail backpacking, under 5 miles/day), but If you're an adult, I'd definitely wouldn't recommend bringing less than 1.8 lbs/person-day. If you're worried about eating a well balanced diet, all I can say, is eat a variety of foods: we had items from the legume, fruit, vegetable and grains groups, + a wide variety of carbohydrate rates, fats and proteins. Since/if you're vegetarian, you should be concerned about eating complete proteins. Legumes and grains do well; as does cheese and grains. A lot of our fat/protein comes from dairy; keep this in mind, but we didn't worry about it at all because we were very active.

Costs: As we are both college students and on a strict budget, we managed to eat for under \$5/person-day. We bought all our food from the grocery store to avoid specialty markups (none of our ingredients are hard to find) and our \$5 budget even included splurging: at the month's end going out for Pizza and bringing a few treats (like Apricot Preserves in a Jar), brownie mix, vanilla extract into the backcountry. The way to stay within our budget, is to first note that the *average cost of food* = \$5/person-day divided

by 2.2 lbs food/person-day = \$2.2/ lb food, so try to buy foods that have unit prices below this average amount. Supermarkets generally list the unit cost of items next to the absolute price, so this can be handy. Also, concentrate most of your food poundage in bulk staples (flour, rice, pasta, raisins, oatmeal, cous-cous, beans) which are generally in the \$1-1.5/lb price range. This leaves significant leeway to buy more expensive items. Buying small quantities of lots of different expensive items can be very effective: you get nice, tasty variety; this explains our ten types of dried fruits, different yogurt-covered things, spice mixes, etc., which can run upwards of \$3.5-4/lb. You might also want to check out a natural food health store for other varieties of expensive -treat items. We didn't end up getting any of our items from one, but one day when I had to drive into Aspen to get more food, on a lark, I made a stop in one after I had been to the supermarket. Too bad I had maxed the budget at the supermarket, because the Natural food store had a lot of cool, tasty-looking do-dads I would have like to get. The store did have most of our staples in Bulk, which would have been nice, since then you have to only buy what you need.

Anyway, with the expensive-food treats: they add great variety, we could afford them and thus enjoy them.

Lastly, making the Logan Bread and dehydrating the beans in the oven ourselves saved significant \$\$. At the grocery story in Ithaca (Tops), instant dried bean flakes are \$3.99/lb whereas the dried (whole) beans are about \$1/lb. Flour and cornmeal type stuff is \$0.35/lb and loaves of bread are \$1/lb. Three- and four-fold savings are gained by making the stuff yourself. And in the backcountry, I'm not a picky eater, so everything tastes good. It also feels great to eat something you've invested time in--either at home, before the trip, or out in the field by the campstove.

VI. cooking routines: with all the talk about food and preperation, I thought I'd include a little bit on the gear we actually used to make the recipes I've written about so far about, and our cooking routine, which seemed to do nicely, even when we prepared complicated meals.

Besides the MSR stove, we carried two pots , a pot lid which doubled as a fry pan, pot grips, a spatula and a stirring spoon. We also had a heat exchanger which fit both sized pots and saved fuel by reducing the time needed to boil water.

Since I am a dedicated minimum -impacter, I do not believe in throwing *any* food/cooked water out. All food (in any degree of burned state) goes to one place only: my mouth. Keeping this in mind, for dinners, I would usually get a pot of water boiling to purify the water While it was reaching boiling, we would generally add the soup base, dehydrated vegetables, soy grits, and margarine, or whatever subset of these items our recipe called for. Once we obtained boilage-incarnate, we would add the particular carbo we were cooking that night. If we had too much water, I'd pour the extra soupy stuff into either of

our dishes and we would get soup-broth drink for appetizer. Then proceed to cook the main dish, turn the stove off while we served out of the pot. After all the food was served, one of us would scrape the cooking pot clean using a personal spoon. Then we would fill the pot with water again, light the stove, and bring the pot of water to boil. We would then use the boiled water for hot drinks (hot cocoa, cool-aide, hot jello) or the dessert we were making, and to pour into each personal + cooking dish to use to scrape completely clean after we were done eating/drinking. After we were done scraping, we would "Big Gulp"--drink--the dish water. Our dishes would be clean, we would be well hydrated, and most importantly, no food, food smells, or water containing food would be around the camp for animals to scavenge. You might notice that we don't use any soap: I don't like the taste of soup in my mouth! Also, the boiling heat is enough to kill any microorganisms who should happen to decide my bowl or pot should be their new home.

VII. conclusion: an end to a long food essay-- I'm hungry :)

All I feel like saying is *variety*. It sustained us, made each day different, and lasted a month. In total contrast, a person I knew from high school, backpacked for a week on nothing but Power Bars. No stove, no cooking, just Power Bars. Whenever I go camping I try to avoid that repetitious extreme--enjoy food, bring things I like, and be creative. Bulk Rationing with a wide variety of items is certainly all of that and more. Sure, it is slightly heavier and takes more time; but I think the respect my stomach and body got by receiving diverse, nutritionally well balanced, tasty foods are well worth it. My body and taste buds definitely dig 20 item GORP, baked breads, Rice pudding, hotcakes, and overdoses of fudge.

That said, I hope this provided some useful recipe ideas for anyone, vegetarian or not, short or long trip planner, experienced or novice cook. I'd love to hear your thoughts on how my Colorado-food-concoctions work for you.

Smiles,
happy trails,

David Zeke Rosenberg
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Suggestion for Improvement

If you have suggestions for improvement of this document, please send your comments to *David Zeke Rosenberg*.

Further Reading

* Available at a reasonable price at the Scout Shop

* **Camp Cookery for Small Groups**, Arthur J. Walrath, ed., 1967, BSA revised **2015**

* **The Scout's Outdoor Cookbook**, Christine & Tim Conners, 2008, Falcongudes

* **Dutch Oven Cooking**, John G. Ragsdale

* **Camper's Guide to Outdoor Cooking**, John G. Ragsdale,

Axcell, Claudia, 1986, **Simple Foods for the Pack**, Sierra Club

Baker, Harriett, 1977, **Supermarket Backpacker**, Contemporary Books, Inc., Chicago, IL, 194 pages. ISBN 0-8092-7307-1

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Bell, Mary (Mary T.), 1994, **Mary Bell's complete dehydrator cookbook**, W. Morrow (New York) 280 pages

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Cross, Margaret and Jean Fiske, 1974, **Backpacker's Cookbook**, Ten Speed Press, Berkeley, CA, 142 pages.

DeLong, Deanna, 1992 & 2006, **How to Dry Foods**, HP Books, Los Angeles, CA, 160 pages ISBN 1-55788-050-6

Fleming, June, 1986, **The Well Fed Backpacker**, Vintage Books; Random House, N.Y. 181 pages ISBN 0-394-73804-7

Gibbons, Euell, 1970, **Stalking the Wild Asparagus**

Gray, Melissa, and Tilton, Buck, **Cooking the One Burner Way**, ICS Books

McHugh, Gretchen, **The Hungry Hiker's Book of Good Cooking**, Random House

Mendenhall, Ruth Dyar, 1974, **Backpack Cookery**, La Siesta Press, Glendale, CA, 48 pages

Pearson, Claudia, 1997, **The NOLS Cookery, 4th ed.**, Stackpole Press, Mechanicsburg, PA, 149 pages. ISBN 0-8117-2860-9

Prater, Yvonne and Mendenhall, Ruth Dyar, 1982, **Gorp, Glop, and Glue Stew.**

Thomas, Dian, 1994, **Roughing It Easy**; 2nd edition.,

Viehman, John, 1993, **Trailside's Trail Food** , Rodale Press

Yaffe, Linda Frederick, 2002, **Backpack gourmet** : good hot grub you can make at home, dehydrate, and pack for quick, easy, and healthy eating on the trail, Mechanicsburg, PA : Stackpole Books, c2002.
ISBN: 0811726347 (pbk.) 147 p

Camp cooking : a backpacker's pocket guide / Bill and Jo McMorris.
by McMorris, Bill New York, NY : Lyons & Burford, c1988. 115 p..

Backcountry Cooking- From Pack to Plate in 10 Minutes

The Mountaineers

Author: Dorcas S. Miller ISBN: 0-89886-551-4

More Back-Country Cooking- Moveable Feasts From the Experts

The Mountaineers

Author: Dorcas S. Miller ISBN: 0-89886-900-5

Campground cookery, by Brenda K. Kulibert; 1995, Explorer's Guide Publishing, Rhinelander, Wi, 184 pages.

Trail Food: Drying and Cooking Food for Backpacking and Paddling (Paperback)

by Alan S. Kesselheim

Freezer Bag Cooking: Trail Food Made Simple (Paperback)

by Sarah Svien Kirkconnell

Fork in the Trail: Mouthwatering Meals and Tempting Treats for the Backcountry

(Paperback) by Laurie Ann March

Lipsmackin' Backpackin': Lightweight Trail-tested Recipes for Backcountry Trips

(Paperback) by Christine Connors

Lipsmackin' Vegetarian Backpackin' (Paperback) by Christine Conners (Author), Tim Conners

Dry It--You'll Like It! (Paperback) by Gen MacManiman

Recipe Submission Form

Here is a form to submit your cool backcountry food idea to the ***Backcountry Recipe Book***. Don't worry, ideas can be large or small; they are all important and will be useful to other outdoor enthusiasts!

Your Recipe/idea's Name: _____

Your Name: _____

Your email address: _____

Would like your email address to appear in the published version? Yes No

Serves # campers: _____

Please select the section of the *Backcountry Recipe Book* you would like your recipe to appear under: _____

Breakfasts *Lunch/Trail Snacks* *Dinners* *Deserts* *MeatDishes*

Assorted (General) *Further Reading*

Thanks for completing those administrative details. Now for your *ultra* cool recipe. What goes in? How do you prepare it?:

Ingredients: _____

Instructions: At Home: _____

At Camp: _____

If you have any stories that involve using your recipe (places, mistakes, nice things that happened afterwards, etc.), your anecdotes would be greatly appreciated, because they make for a great read! _____

David Rosenberg, der10@cornell.edu

last updated: **8 Jul 96**